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Book inspires readers to enjoy life more fully with Logosynthesis®

Cathy Caswell talks about shifting paradigms, creating space for success at work, community

WAVERLEY, Nova Scotia — With extensive professional and volunteer experience and an analytical mind, Cathy Caswell presents an exciting new approach to wellness in her book “Logosynthesis: Enjoying Life More Fully: Recharge. Revitalize. Reconnect.” ([published by Balboa Press](#)). Given a unique opportunity to learn about Logosynthesis® from its founder, Dr. Willem Lammers, she mastered the technique by applying in her everyday life. Based on her personal work, exploring with friends and training with professionals, she recognizes the potential to transform systems to provide powerful leadership with compassion and to support individuals to build their personal resources, thereby reducing stress and anxiety in individuals and society.

The book illustrates Caswell’s personal development journey to find a tool to help her let go of the energy in her beliefs so that she could find peace and contentment, through reconnecting with the important things in her life. It introduces a fascinating method that uses the power of words to shift energy that is blocked in memories, beliefs and attitudes, which results in reactive behavior, closed thinking and stress responses.

“We all strive to enjoy life more fully. We all desire to focus on what is important and find purpose. We all strive for peace and contentment in our current situations. However, as life happens and external demands increase, our stress response automatically kicks in and we react,” Caswell says. “This book provides readers with a solid starting point to begin to work with Logosynthesis to create space to recharge, revitalize and reconnect with things that are important in life.”

Friend and colleague, Alison McEachern MEd, has worked with Caswell to apply the method and notices how the presented issue shifts, citing: *‘I no longer sense what bothered me about the original problem’*

As president of The Healthy Living Plan Inc., Caswell conducted an international survey of psychologists, psychotherapists and coaches who have trained in the method and use it to treat symptoms of anxiety, depression, trauma, burnout and others. They attribute overall effectiveness, speed of work, ease of use, client comfort and targets presented issue as the key benefits which make this their preferred treatment method.

“Logosynthesis: Enjoying Life More Fully: Recharge. Revitalize. Reconnect.”

By Cathy Caswell

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About the Author

Cathy Caswell, president of The Healthy Living Plan Inc., holds a Masters of Business Administration and is a licensed dietitian. She has held a successful corporate career in marketing and sales. Her leadership at work and in the community provided rich learning for creating space for successful individual and organizational performance. She grew up in a large, busy family and attributes her long-held drive for results to a combination of genetics and upbringing.

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