

Each month we will focus on an inspiring author based in or writing about Wales! You'll have an introduction to their latest book, what inspires them to write, and any advice they have for young writers!

# Get to know

## David Rahman



Since 2004, Mind Coach David Rahman has helped countless people overcome their self-esteem and confidence issues, enabling them to live happier lives.

As an international keynote speaker and coach, he works with organisations and individuals around the world to foster a mindset of happiness and possibility. He is also the host of iTunes podcast *David Rahman*. *Let It Go* was published in January 2021 by Y Lolfa.



### Summary:

Mind Coach David Rahman reveals his simple and extremely effective techniques for overhauling emotional and psychological wellbeing. His inspirational method combines techniques from cognitive behavioural therapy with affirmations, visualisation and a matter-of-fact explanation of what's really going on inside the average mind. He enables readers to see what lies behind their thinking and behaviour, take control and make deep, lasting, positive changes to their lives.

As a former sufferer of depression himself, David has used the same method to transform his own life and helped many clients overcome chronic anxiety, depression and self-esteem issues where other therapies have failed. His programme featured on both ITV and BBC News, talking about the huge success he has had with this technique in helping the long-term unemployed.

### What inspired you to write this book?

I struggled mentally, emotionally and had little self-confidence growing up, and this affected my life. The book is for people who feel blocked and are looking for a way to reset their lives.

### What are the central ideas discussed in the book?

We all carry what I call a 'mental rucksack' around with us. From time to time we just need to empty it and free ourselves for a fresh start. The book examines what happens when we unload our emotional burdens originating from the past, and stop trying to exert complete control over our future.

### In what way have libraries influenced you during your lifetime?

As a teenager and student I used them as havens for peace and quiet to concentrate on work and studies. This was before the advent of widespread computers and the internet. In essence I viewed libraries as safe places, safety being an important value to me at the time.

### What message do you have to inspire young writers?

Never give up. If you have a message to share, then share it. Don't compare yourself to anyone else, and keep believing in yourself.

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