

## **Psychotherapist and Author Releases Trilogy of Self-help Books**

*London based psychotherapist and author D. U. Sivri releases a trilogy of self-help books in his highly acclaimed series.*

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Following on from the success of his debut book, *The Secrets of Existence and Fulfilment*, London based psychotherapist and author D. U. Sivri has decided to release a trilogy of self-help books in the series, in time for the cold, dark depressive days after the festive period. This is also the time people make and look to keep their New Year Resolutions, and these books are invaluable resources in helping people achieve their goals.

Entitled *The Secrets of Life and Beyond*, *The Secrets of Calmness and Inner Peace*, and *The Secrets of Confidence and Success*, these books provide the perfect psychological, philosophical and spiritual road map for helping people accomplish whatever aspect of their lives they are looking to improve.

"Many people struggle both during and after the Christmas period, and I wrote these books to help as many people as possible in overcoming their issues. We could all use a little help from time to time, and reading a great motivational book is a positive step forwards," Mr. Sivri recently told reporters.

Mr. Sivri has worked with both leading figures and people from all walks of life in his aim to help everyone lead a more successful and optimal life.

All his books are available on Amazon world-wide, as well as all the leading bookstores and book distributors.

Mr. Sivri is also promoting greater mental health awareness through his books and is encouraging people to take a more active role in their emotional well-being. His mission is to help as many people as possible with his philosophy and through his books.

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