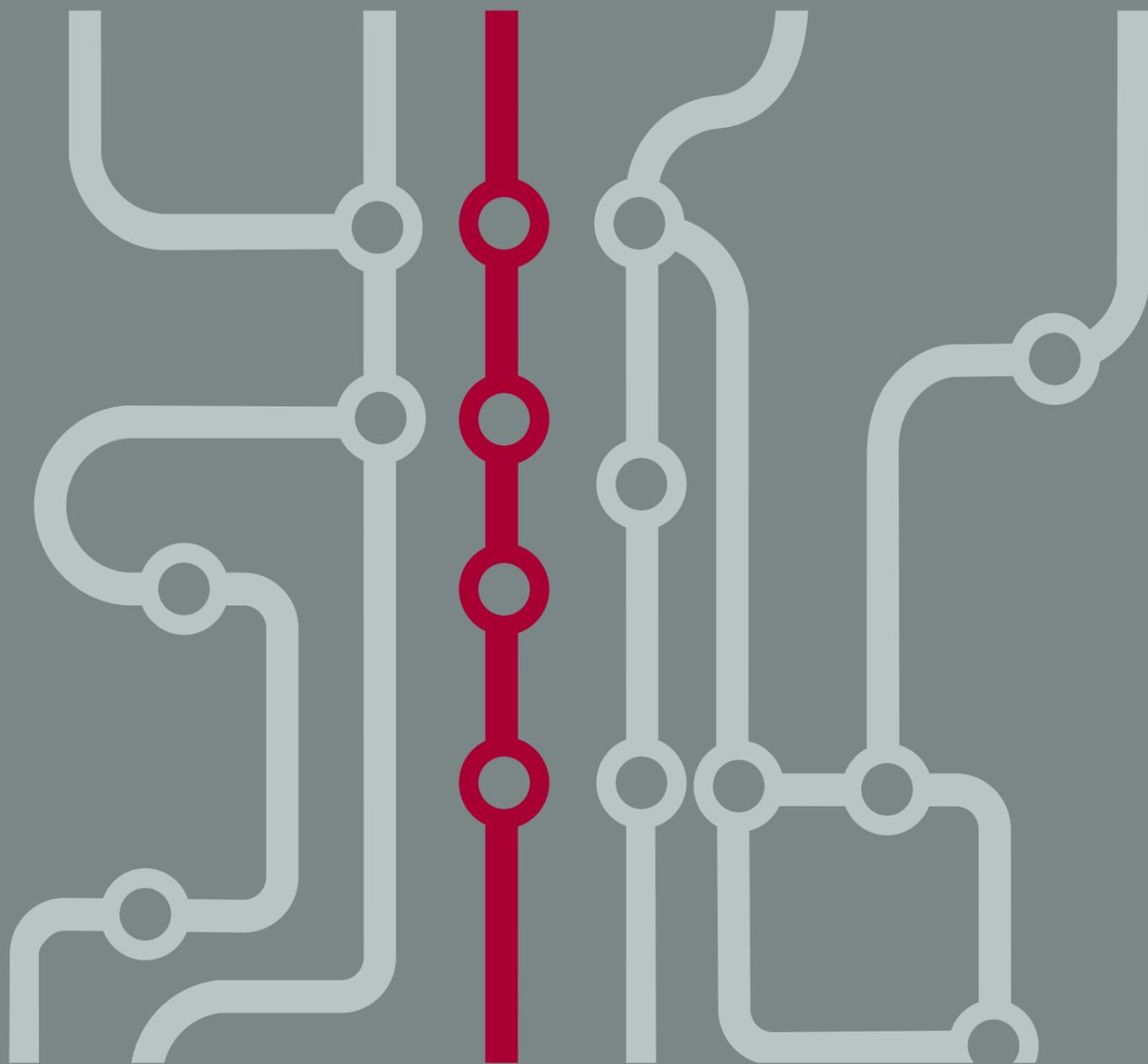


The **ManMind** JOURNEY PLANNER



4 SIMPLE STEPS

A practical **4-step plan** to help you find the best route from the end of your relationship to the future you want

START 

The **ManMind** JOURNEY PLANNER

The end of a relationship can be as hard on your physical wellbeing as it is on your emotions. Physical effects can often be the first indication you need to talk to someone.

- You are struggling to engage with the legal side of your relationship breakdown
- You have difficulty concentrating
- You are finding things harder at work
- Your sleep pattern is disturbed
- You feel frustrated
- You are increasingly prone to bursts of anger or sudden sadness
- You feel like your head is locked in a vice
It is hard to think clearly
- You are starting to rely on drink, drugs or are smoking again
- You can't see a positive future

NEXT 

The **ManMind**
JOURNEY PLANNER

4 SIMPLE STEPS

START

01 WHERE
YOU ARE TODAY

02 WHO
ARE YOU AND
HOW YOU TICK?

03 WHAT
HAPPENED
IN YOUR
RELATIONSHIP?

ARRIVE

04 HOW
TO GET TO
WHERE YOU
WANT TO BE

NEXT

04 HOW TO GET TO WHERE YOU WANT TO BE

REGAIN THE
STRENGTH
TO CARRY ON

GET BACK
IN CONTROL
OF YOUR
LEGAL CASE

YOUR

NEW START

The **ManMind** JOURNEY PLANNER

Just bottling things up is not a coping strategy, talking isn't a sign of weakness.

THE JOURNEY PLANNER, is the most effective way to give you the strength to constructively drive your legal proceedings and avoid isolation, depression, anxiety, substance abuse and even suicide.

BE EQUIPPED
FOR A NEW LIFE

Talk to Dr Tarun, an experienced psychologist and psychotherapist, who knows exactly how to get you from where you are to where you want to be. At the same time, Julian Bremner and the team at **RAYDEN**SOLICITORS will help you navigate the legal bit.

RE-ENERGISE
YOUR CAREER

ARRIVE

HAVE A FUTURE AGAIN

NEXT

The **ManMind** JOURNEY PLANNER

For more information or to make an appointment with **Dr Tarun**, email in confidence to:
planner@raydensolicitors.co.uk

CALL

ST ALBANS
01727 734260

BERKHAMSTED
01442 819144

BEACONSFIELD
01494 350333

VISIT
www.raydensolicitors.co.uk



JULIAN BREMNER
FAMILY LAW SPECIALIST
PARTNER & ARBITRATOR
RAYDENSOLICITORS



DR TARUN PAMNEJA
BSc (Hons), MSc, DPsych
UKCP PSYCHOTHERAPIST
& HCPC PSYCHOLOGIST