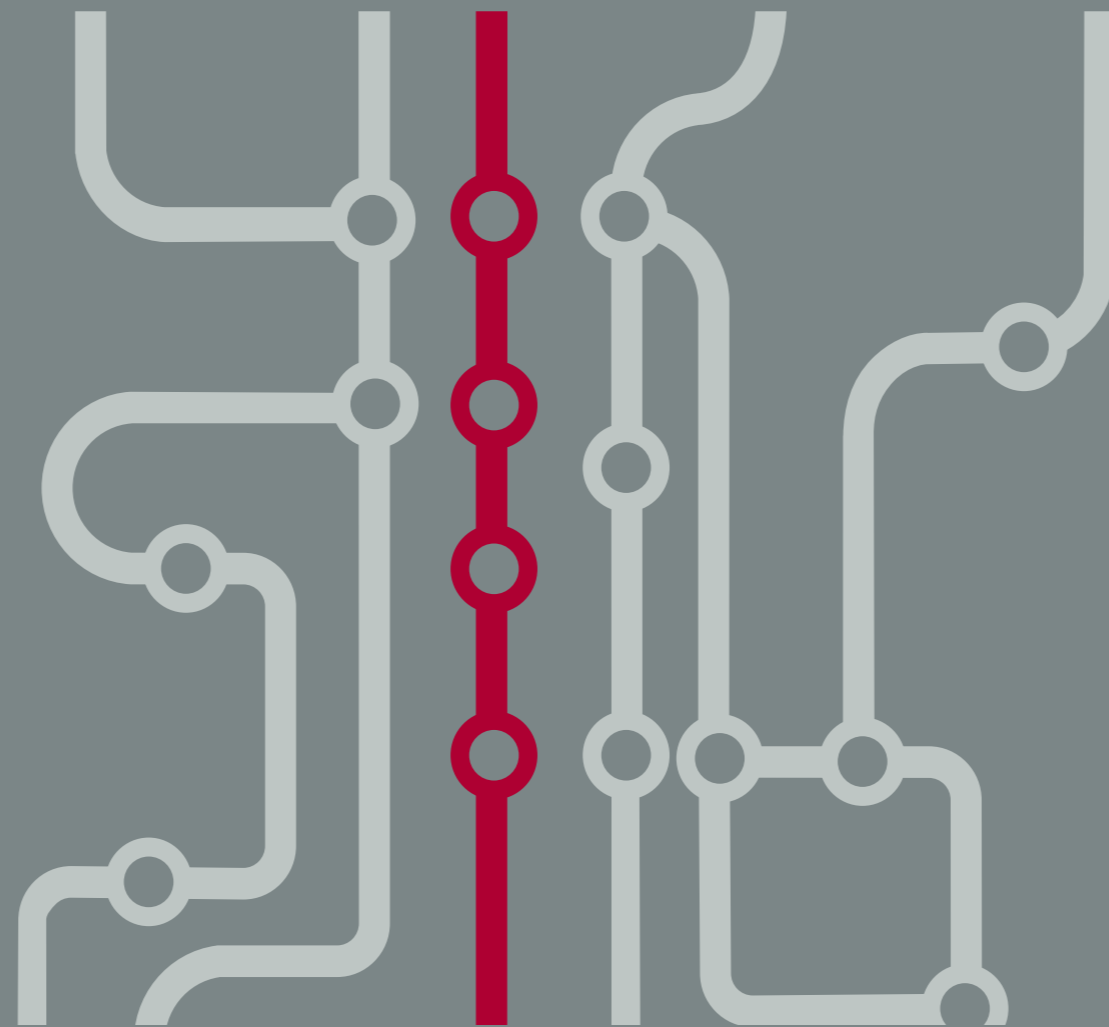


# The **ManMind** JOURNEY PLANNER



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

# 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.

## DO ANY OF THESE SOUND FAMILIAR?

- 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

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

# 04 HOW TO GET TO WHERE YOU WANT TO BE

GET BACK  
IN CONTROL  
OF YOUR  
LEGAL CASE

REGAIN THE  
STRENGTH  
TO CARRY ON

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.

ARRIVE

HAVE  
A FUTURE AGAIN

RE-ENERGISE  
YOUR CAREER

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.

The **ManMind**  
JOURNEY PLANNER

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

**CALL**

ST ALBANS  
01727 734260

BERKHAMSTED  
01442 819144

BEACONSFIELD  
01494 350333

VISIT  
[www.raydensolicitors.co.uk](http://www.raydensolicitors.co.uk)



**JULIAN BREMNER**  
FAMILY LAW SPECIALIST  
PARTNER & ARBITRATOR  
**RAYDEN**SOLICITORS



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