

[Book Journeys](#) Author Interview - Oct. 17, 2014

**Dr. Angela Lauria with Wendy Fry, author of *Find You, Find Love - Get to the heart of your love and relationships using EFT***

“Just do it. If it's in there, just do it.” ~Wendy Fry

Angela:

Hello. Well, hey everybody! Welcome to Book Journeys Radio. We got off to a little bit of a weird start today. So sorry we are starting late but I am so happy we are here. I did not think this call was gonna happen today.

Wendy:

That's fantastic, Angela.

Angela:

We are here with author Wendy Fry. Wendy, thank you for being here. I don't know what's going on, a little mercury and ... action. But Wendy is the author of *Find You, Find Love - Get to the heart of your love and relationships using EFT*, which is one of my favorite tools. So Wendy, let's jump right into it. Tell me about your book.

Wendy:

Yeah, sure Angela. And firstly, thank you for having me here tonight and apologies that the call has started late. So, *Find You, Find Love* is all about improving the relationships that you have with yourself, connecting with the inner you and the part of you that is always lovable regardless of what's going on in your life around you. It's remembering your wholeness, remembering that who you are is lovable, worthy, complete, and worth loving.

Angela:

That's fantastic. Well, let's talk about how you came to write this book. How did you get the idea for it?

Wendy:

Yeah sure. It actually sort of came by chance. A friend of mine is already an author, her name is Kate Marillat and she just had a Hay House book actually out this year with Karl Dawson. And they asked me to contribute to their book which I did and the information that I sent across she actually said, “Wow, you know, this is a book in itself. You know, why don't you think about writing your own?” So I suddenly thought, ok so, you know, what book can I put together in my whole life's experience of, you know, my own relationships and other people that I've worked with? It just seemed to be the best topic to reach out to the readers and other people needing support, but how can I condense my work and put it into like a self-help workbook that again will help a lot of people get to the heart of their love and relationship problems.

Angela:

And so was EFT something that was in your life before you decided to write this book or did you discover it in...?

Wendy:

Yeah, yeah. It's a really great question. I discovered EFT just over two years ago with Karl Dawson and it was actually, I have to be, you know, quite honest here, it was actually EFT that helped me uncover some of my own blocks and limitations, although before training as an EFT practitioner I'd worked, you know, in the area of coaching and LP and hypnosis. EFT was fantastic in actually releasing some of the, basically what it's doing it's helping you to release some of the energy that you've got building up in your body around negative emotions. And that's something that other processes or other therapies don't always touch so it was important to me to, although I could've written the book without EFT, it was important for me to include it because it made such a dramatic effect to my life. And then those that I've gone on to work with it's also helping them to overcome things, you know, from, they've been holding on to for thirty, forty or more years. It's a wonderful technique.

Angela:

So why don't we talk a little here, we're using the acronym but it stands for Emotional Freedom Technique. Why don't you explain briefly what it is so people kinda understand what we're talking about?

Wendy:

Yeah sure. The Emotional Freedom Technique can actually give you release or relief from a range of symptoms - emotional, physical, mental, spiritual. And how it actually works, it works from the energy meridian points within the body, so the same way that acupunctures might use needles to stimulate the energy flow within the body. As EFT practitioners we're using some of those meridian points in just applying gentle tapping pressure across the range of points. And what it actually does, it helps you to release the trauma or any negative emotion, anything that you're holding on to within the body that's causing, you know, stress or pain, emotional overwhelm. By actually pressing and tapping on those points and its various statements that you can also repeat, you're actually finding some release and relief from those problems. It can also be used in a positive way where you're actually tapping in the positive so if you want sort of some confidence, some more joy, you can tap those things in. But as a practitioner, generally we always clear the negative first before we put the positive in.

Angela:

Mhmm. And so how, for you, what was, or did you have a goal for your book? Before you wrote it, what was success in having a book for you?

Wendy:

Yeah, I think, oh it's such a good question. My mind is sort of going off on lots of different tangents here coz there's actually kind of lots of different angles. So the book for me in many

ways, it gave my voice as a 12-year-old the opportunity to speak. And in the book, it sort of starts off with my own journey, so from the age of 12, I've sort of had my own experiences of difficult relationships when my family split up and lots of beliefs I formed about myself that went through. So what the book actually has done, it's allowed me to share just a little bit of my own story, how I've worked through it. There's a whole range of resources, questioning techniques, charts, case studies. There's lots of different things included in the book that, well, my intention is to offer those that want help with love and relationships so to understand themselves better. It's actually reaching out to the reader and letting them know that they're not alone, that help is there. And often sometimes there might be stigma around going to see a therapist or not everyone can afford it. So the book in a way is a way of reaching out to people that might need help, that will want to work through the workbook on their own or maybe buddying up with a friend or a group of people to, you know, work through it and use the resources. And also for me I think the biggest thing is, I don't have children and to me that book is like a legacy of something positive that I'm leaving behind in the world. Uhm, it's why I do my job. I just so want to make a difference to other people and if they can take something from the book where they realize regardless of their past, what's happened, that actually they can have a positive future, that they don't to let the past or limiting beliefs from the past continue to pain or damage their life or them in anyway. So really it's, you know, a positive ripple effect that I'm hoping to put out there just to reach out to people and let them know they're not alone.

Angela:

That is so powerful. So that was your vision kind of before you wrote the book. Has that come true? Have you gotten what you wanted in those regards?

Wendy:

Yeah, I've had some, you know, wonderful feedback on my website. I've actually shared some free resources from the book coz I've kinda wanted to give extra and give people a bit of a taste through the book and there's some audio downloads on that too. And I had one lady contact me and she'd literally just printed off one of the PDFs, listened to the mp3 and she said that she's had a clearing. I've had fantastic, you know, this book's not even out over a month and I've had some fantastic reviews on Amazon. And people are emailing sort of privately on Facebook and LinkedIn just to say that they feel, either like the book's been written for them, or they now have an understanding about beliefs that they've been running all their lives and how actually they're not true. And it's, uhm, it's just so humbling.

Angela:

Yes, tell me how that feels like. What's it like when you get those emails or contacts?

Wendy:

Yeah, yeah. It's such a great question to ask coz I actually feel it as a physical experience and it's in my heart. And oh, it's so hard to explain the feeling, it's just like deep joy. Uhm, oh, it's so hard to explain Angela, you know, it's deep joy, it's deep gratitude. It's just, it's phenomenal, I'm finding really hard to explain it, you know. It's quite an overwhelming feeling and I'm just so happy

for that person that they have, you know, let go and they are able to start to move on and be who they are and not who they think they should be.

Angela:

And so the resources Wendy's talking about, you can find at [wendyfry.com](http://wendyfry.com), that's W-E-N-D-Y-F-R-Y no E on FRY. So [wendyfry.com](http://wendyfry.com) and you should check out some of her resources too. I should have said your website earlier but that reminded me of it.

Wendy:

No that's ok.

Angela:

So is there anything, so you said there are some things that you hoped for and expected as an author that you've gotten, which is awesome. Are there any surprises you've had? Anything that was different about, that has been different about the journey or about being an author that surprised you?

Wendy:

Uhm, gee, I kind of went into it with an open mind. I don't really know that I had any expectation. I was just kind of like on this driven mission to write it. Uhm, I'm just trying to think about what was different. I think, you know, I was actually surprised when the book came through. I mean it was just, I mean I actually cried when I opened the book from the publishers. And I think, you know looking at the book, as amazing as it looks, and the typesetters, you know, how they presented everything, when you see the book there it doesn't quite equate to all of the emotion and the time you actually spent in it. So it's, you know, it actually took me seven months of my life to write pretty solidly and so when I saw it there in the finished format, it kind of didn't weigh up the time. Uhm, I think, you know, one of the positives going along is I've just been overwhelmed and humbled at the support that I've had, you know, the love, the acknowledgement, the praise. It's encouraging other people to write, too. And you know, I'm just an ordinary person, I'm not anybody special and I've had other people saying, you know "You've inspired me to write my own book" and that you know, they're on it now, they're on a mission now. So, uhm, you know, that's also what surprised me. Uhm, I'm trying to think of anything else. Uhm, yeah, I kind of didn't do things in order like at the beginning, all this like oh, I'll do Chapter 1, then 2, then 3, then 4. And I was like, no just write the bits that are flowing and then go back to the bits that aren't.

Angela:

Yeah, so and, what was, sounds like people have talked to you about writing their book. What is one piece of advice that you would give to somebody or that you have given to somebody about writing their book? Maybe they've wanted to do it but haven't done it?

Wendy:

Ah, yeah, yeah. Write, write everyday, uhm, even if it's just ah, I kind of say, don't uhm, have a variety of different ways of writing. So uhm, you know, for me, I basically wanted to take action

everyday. That was the goal I set myself in the beginning and there would be some days where I just jot ideas down by hand in a book. There'd be other days, you know, that I would sit for few hours at the laptop. Uhm, so you know, I just say write everyday and kind of keep yourself in the flow of things.

Angela:

And is there anything that you wish you knew before you wrote your book? Any advice that you would give to yourself now in retrospect?

Wendy:

Yeah. Uhm, yeah, it's a great question, I think, kind of looking back along the journey is, one of the things I've experienced the most is huge guilt around prioritizing time to write and you know, maybe not seeing as much of friends or family that I've, you know, would've liked to. It was kind of about a prioritizing maze so you know, I would say to anyone that's listening, if you're thinking about writing your own book, be aware that different emotions might come up, so you know, also the content of what's being written, if it's a self-help book, and you're kind of sharing some stuff that you've been through and moved on. Sometimes that stuff kinda might come up again to kind of bite you in the bum so it's a little bit you know, like work through the emotions when they come up. Take time out, make sure you get your sleep, and you know, walk and eat healthily and, you know, things like that. You know, it's really important as an author to, uhm, I just think put, you know, to put your life in balance. And not everyone will understand why you're writing. Some people may kind of challenge, or judge, or ask questions, or wonder why you're doing it, or even tell you you're not gonna make any money from it. But actually, if you know, if you've got the book there, get it out there and what's to be will be. It's just keep, just do it.

Angela:

Just do it!

Wendy:

Just do it! Just do it! If it's in there, just do it!

Angela:

So for you, uhm, and I know you're book's only been out a month or so. But what is the number one best thing about having written your book and becoming an author?

Wendy:

Ohohoh. Now I have such a lovely thing that's come out of this book. Uhm, it was totally unexpected and uhm, I was just uhm, I'm trying to think of the time now. So I had about the last chapter and a half to write and uhm, back in May, I actually met my current partner Lou. And, uhm, you know, it's kind of funny really because I wasn't expecting to find love at work through a lot of things, you know, from the past over the years. And I was kind of at the place, you know, like I'm really whole and, uhm, life is good and feeling really good about myself, and not in that space where I thought like I needed anyone. And then, you know, Lou came along in May and

we're still going strong. So literally, you know, the title *Find You, Find Love*, is exactly, you know, what's happened. So yes, it's like a double-whammy.

Angela:

Yeah, so the fairytale ending. Well, I have to say I always ask people what's the best thing to come... you are officially the first person who ever said, "A fantastic partner." So, uhm, that is, that's fantastic news. So, uhm, Wendy Fry. Wendy is the author of *Find You, Find Love - Get to the heart of your love and relationships using EFT*. You can find that on Amazon, you can also find it on Wendy's website which is [www.wendyfry.com](http://www.wendyfry.com). Wendy, thank you so much for being our guest today. Sorry we started late but I'm so glad we got to so much juicy stuff.

Wendy:

Angela, thank you. It's been my pleasure. Thank you so much.

Angela:

Terrific. And we'll be back next week changing the world one book at a time.

Wendy:

Bless you. Thank you.