

Book Review of "Emotional SOS" by Damian Mason

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SOS is "Sense of Self". My reaction immediately after reading this book from cover to cover is that the ideas are very clearly expressed in laymen terms. The language is colloquial and easy to relate to and for this I was grateful.

In saying this, I am, however, wary of profound ideas being expressed in a simplified way. Damian Mason has overcome this by using quotes from a variety of sources/cultures/religions to support his ideas. The use of diagrams (trees are powerful symbol to me) will appeal to those of us with a more visual learning style.

In relation to suicide prevention, the good news is that most suicidal people are ready to be helped if we can bear the pain of asking the question and hearing the answer to "have you thought about killing yourself?" But we need to know how to give love/take care of ourselves to be able to give it to others.

We can give so much to others if we practice emotional SOS "Sense of Self", our "emotional life jacket." It is definitely not selfish to devote the time needed to achieving SOS. I believe it is a gaping need in 21st century society, as Damian himself says on page 103, we must ".....develop our ability to bear pain. Today we need to understand that our physical survival is largely dependant upon the fulfillment or "attainment" of our emotional needs – we need to develop a genuine SOS – our 21st Century physical need."

My thanks to Damian in providing this book for me in my own journey towards SOS. Damian is a local writer and works and lives in Brisbane , he was recently interviewed on "Brisbane Extra" .

Reviewed by Penny Vandeleur, Secretary for CAPS and M Ed – Teaching English as a Second Language