

# BRINGING YOUR HEART TO WORK

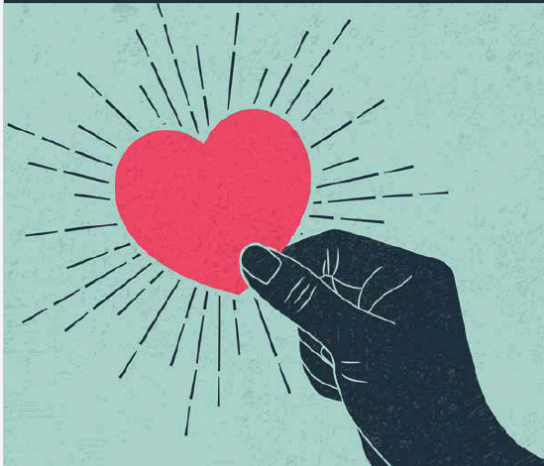
## A Seven-Step Journey to Mental Health and Wellbeing

**Hazel Hyslop**

### Bringing your Heart to Work

A Seven-Step Journey to  
Mental Health and Wellbeing

**Hazel Hyslop**



Psychotherapy Matters



**Paperback:** £19.99

**eBook:** £15.99

**Print + eBook:** £21.99

**ISBN:** 9781800133143

**Page Extent:** 200

**Publication Date:** May 2025

**Subject Area:** Organisational  
Psychology, Psychotherapy

**Series:** Psychotherapy Matters

**A life-affirming guide to help you reconnect with your purpose,  
learn to work in alignment with your values, and  
choose a healthier approach to success.**

- Written by a global mental health specialist with professional and personal experience of working with burnout.
- Hazel Hyslop's seven-step method will bring clarity and positive transformation to your life.
- The ideal book in our busy, busy world to enable you to recapture who you are and who you want to be.

*'This is an impressive book, transformative and making a valuable contribution to current narratives on work and wellbeing'*

**Lynne Heseltine**, systemic therapist and supervisor

*'This book inspires hope. Whereas we may see roadblocks, Hazel helps us to see opportunities for growth and transformation.'*

**Glenda Fredman**, PhD, clinical psychologist and systemic psychotherapist

*'This book takes you on a metaphorical journey, ideal for anyone facing a personal or professional dilemma ... A beautiful and unique [book].'*

**Kiran Flynn**, BEM, psychotherapist and social worker

*'A seven-step approach to mental health and wellbeing that is brimming with clarity, warmth, and candour.'*

**Ngozi Anuforo**, executive coach, management consultant and trainer

After 25 years in the mental health sector, Hazel Hyslop found herself feeling lost and depleted. Yet within that difficult chapter, she uncovered a deeper truth: many of her colleagues and clients – particularly successful women – were also disconnected from their true passions and overwhelmed by the relentless demands of their careers. Recognising the familiar patterns of stress, identity loss, and burnout, Hazel developed practical strategies to guide her clients, and herself, back to balance and fulfilment. Her transformative seven-step method is designed to spark lasting change, awaken your passions, and empower you to move forward with renewed energy, authenticity, and confidence.

At a time when so many are weighed down by overwork, overwhelm, and overthinking, *Bringing Your Heart to Work* offers a powerful, proven framework to reclaiming your clarity, purpose, and wellbeing.

**Hazel Hyslop** currently works as an executive professional leadership coach as well as a systemic psychotherapist, tutor, and supervisor. Hazel is active online and you can connect with her via her website [www.hazelhyslop.com](http://www.hazelhyslop.com).



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