

Susanna Mittermaier's new book, *Pragmatic Psychology*, promises a host of practical tools we can call on to make us 'crazy happy' in life. Peta Yalg discovers more...

If you went to see a psychologist and they told you to 'embrace your crazy' you would probably be a little confused, right? However, this is the premise behind one successful international clinical psychologist and author's treatment. Susanna Mittermaier's *Pragmatic Psychology* is scoring 'raving mad' reviews and achieving 'crazy' results all around the world (sorry, couldn't resist the puns); we in the *Get it* office were officially intrigued.

I had the opportunity to speak to Susanna recently during her book tour of Australia, and have to say, I was instantly enchanted. She radiates unwavering confidence and engaging theories which draw you in. By the end of it I wanted to know more and more! She says the confidence wasn't always there though. Growing up, Susanna told herself she was too weird, too different and even too happy – so she tried to tame her joy and pushed herself into living someone else's version of life.

Susanna got married and built herself a career and a life in the country. It was only when she became pregnant that she realised how unhappy she was and when she lost the baby late in the pregnancy, Susanna recognised she was at a crossroads.

"I can drown in the sadness or I can choose to change."

Susanna chose to change, and spread that change to her work as a psychologist. She felt uncomfortable with the way that her psychological treatment focussed on what was "wrong, wrong, wrong" and all that "needed to

Embrace your *crazy*

be changed!"

She decided she either had to completely change the way she worked, or find a new job.

Susanna discovered the Accessing Consciousness phenomenon where she learned a whole new way to be. "Invite possibility to come and dance with you." Through this experience she learned of the Level of Awareness, which teaches people that they have a choice to change. Susanna describes this as "turning on the lights" in your life.

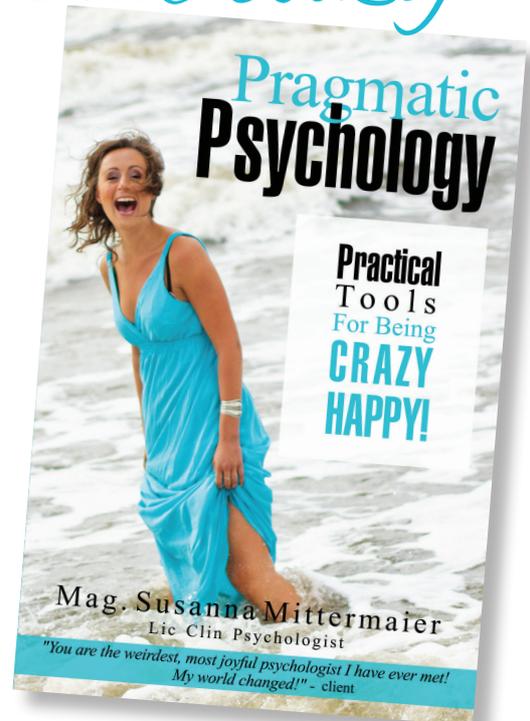
Combining her psychology training with the knowledge she learned in the Accessing Consciousness classes, Susanna developed her own unique combination of psychological treatment – hence the birth of Pragmatic Psychology.

After successfully trialling the theories using herself as a guinea pig, Susanna put Pragmatic Psychology to the test. Her first patient was a lady that was so severely depressed that she couldn't even speak. She found it hard just to get out of bed. After a week of Pragmatic Psychology treatment, the patient was speaking. Now she is living a normal life filled with friends, employment and laughter. A pretty amazing outcome.

Another case study, a teenage boy struggling with OCD, ADHD and anxiety now views his 'disorders' as powers he can access. He is presently using his renewed outlook to study teaching and hopes to inspire other teenagers to see the greater possibilities in life.

Susanna believes resolving psychological pain is not about what is wrong and what you need to remove, it's about embracing the crazy; embracing yourself for who you are – no matter how weird or different you may be. She reminds me, "Difference adds colour to the world."

Susanna affirms that every moment, people



can choose not only to live, but to thrive. With the release of her new book, *Pragmatic Psychology*, Susanna finds herself doing just that – thriving in a life she wanted all along.

Another interesting revelation is that Susanna sees the body as tightly linked to the mind. She told me she wakes up in the morning asking her body what it wants to do and what it wants to eat. She firmly believes that bodies are smart, they make great friends and tell us all we need to know, if only we listened.

Pragmatic Psychology is available as in hard copy and e-book format on amazon.com. More at susannamittermaier.com.

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