

You are not broken.



Your nervous system is trying
to protect you.



If stress, anxiety or overwhelm have become
your norm, this book will help you understand
why – and show you a gentler way forward.

Blending professional insight with lived experience,
Becoming Your Best Self explores how your nervous
system shapes your thoughts, emotions and
behaviours – and how you can finally feel safe,
calm and in control again.

Inside, you'll discover practical tools, stories
and compassionate guidance to help you heal the past,
regulate your nervous system and create the life
you truly deserve.



Rewire
your
nervous system



Heal
old wounds



Build
calm and clarity



Create
a more fulfilling
life

You can become your best self.



5 STAR REVIEW
Readers' Favorite

*This is a book that I will easily return to –
very highly recommended – Asher Syed, Readers' Favorite*

Overall Rating: 5 / 5

ABOUT SANDRA

Sandra Nathan is an Integrative Counsellor, Transformational
Coach and Cognomovement Practitioner with over 20 years of
experience, helping people regulate their nervous system,
release the past and create meaningful, lasting change.



becomingyourbestself.co.uk



Becoming
Your Best Self



Sandra Nathan

UNDERSTAND YOUR NERVOUS SYSTEM,
HEAL THE PAST,
CHOOSE YOUR FUTURE.

Becoming Your Best Self



A PRACTICAL GUIDE TO NERVOUS SYSTEM
REGULATION, HEALING AND LASTING CHANGE

Sandra Nathan

INTEGRATIVE COUNSELLOR | TRANSFORMATIONAL COACH
COGNOMOVEMENT PRACTITIONER