

Review of B. K. Hayer by Bukurije Berisha

A writer, coaching tutor, colleague and good friend. B.K. Hayer is absolutely one of the best writers I know. Without a doubt.

Have you ever wondered what it would be like to sit down with a Life Coach and Coaching Tutor and really press them about life's persistent questions? Why are so many people unhappy? How can I abjure loneliness? How can we reduce conflict? Is romantic love true love? Why do we suffer? How should we deal with unfairness and anger? These are the conundrums that Life Coach and Coaching Tutor B.K. Hayer tackles in her series of books.

At first, Hayer's answers seem simplistic, but as you progress through the pages, her answers become more involved, a coherent philosophy takes shape. Hayers develops answers in the context of scientific studies and cases from her own practice, substantiating and elaborating on what she finds to be a revolutionary psychology. Like any art, the art of happiness requires study and practice.

Hayer has embodied the role of an incredible colleague and friend. Her wisdom has been much needed and has enabled me to apply her knowledge to different situations, and in such an ingenious way. Impressively, Hayer has a nick of knowing and understanding something, that while many others can see, they can barely grasp on to it.

I am particularly fortunate to know Hayer on a personal level and to have spent time with such a wise soul and who has taught me many lifelong lessons. These are; "If you want to do what you love, you have to work three times as hard as everyone else" and "The world is what YOU think of it, so think of it DIFFERENTLY and your life will change. But my personal favourite, "When in doubt, just take the next small step".