

The Recovery Star ® ™ online version [£1.99 plus vat]:



Look into the Star, not around the star right into the star, 1,2,3 you're under*
You are recovered, you feel wonderful, nothing bothers you, you want to stack shelves in Poundland
on the Work Programme or do gardening & catering [all service users want that], 1,2,3 wake up*

How you feeling?

Dr Joanna Dip Loon

Ps I do a face to face version using a nice xmas card gold star shining a torch through it and invite people to look into the Recovery Light.

*small print: failure to recover or needing long term support means being shunted into PD services the home of all failures as defined by services and the new longer term support service for people of any diagnosis

Patient testimony

“Dear Dr J, what can I say, it has worked for me. I just looked at it and suddenly everything seemed different. I feel like going for the face to face version, but then, do I need it anymore. I don't think so. Could you add this personal recommendation to your website.

I thought I needed help till I got it from Dr J. Now I know I don't need any help like that ever again”.

Peter B, London [completely recovered]

“I would like to express my heartfelt thanks to Dr Joanna for guiding me in my path to recovery. I'm especially grateful that she gave me Mate's Rates and my recovery cost me only 49p and a Freddo [chocolate bar] – great value for a new life pulling weeds in the local park, I'm sure anyone would agree”.

Bernard, The bottom of the garden [completely recovered]

“I recovered from just typing it”.

Dr Joanna, Starship Enterprise [completely recovered]

I've developed some other clinical interventions for those who don't respond to the Recovery Star:

Cognitive Response Action Plan [CRAP]

Wellness Affective Neuro Knowledge [WANK]

Transient Intermittent Therapy [TiT]

Behavioural Appropriate Limited Liaison Sessions [BALLS]

Bernard has developed the following:

Dialectical Insight with Cognitive Kneecapping [DICK]

And a hopelessly unrecovered activist came up with:

Professionals Really Into Cognitive Kneecapping [PRICK]