

**NEW BOOK:** Serious illness inspired mum of three to put together self-help manual

# I wanted my children to know what I'd achieved

**FACING death made Coventry author Denise Farquharson realise just what she wanted to tell her children about her life.**

An undiagnosed illness in 2005 left the 40-year-old mother of three wondering who would tell her children about her achievements if she were to die.

So she set about creating a new self-help motivational book, called *Picture Your Dreams*.

Denise, of Longford, said: "I was quite ill in 2005 and I was not diagnosed with anything at all.

"I was off work for almost a year, I was stopped from driving and kept fainting. At times I thought I was going to die.

"It was then that I realised I had three kids, and even though I've done lots of things with my life I did not know whether they would know about it.

"I went looking for some sort of book to put together every-

**By Siân Powell**

thing I'd done but I could not find anything so I decided to put it together myself."

Denise, whose maiden name is Anderson, attended Coventry's

Blue Coat School before moving to Coventry University to complete a computer studies course.

*Picture Your Dreams* encourages people to think of an image of what they want to

achieve, and to focus on identifying how they set about achieving that goal.

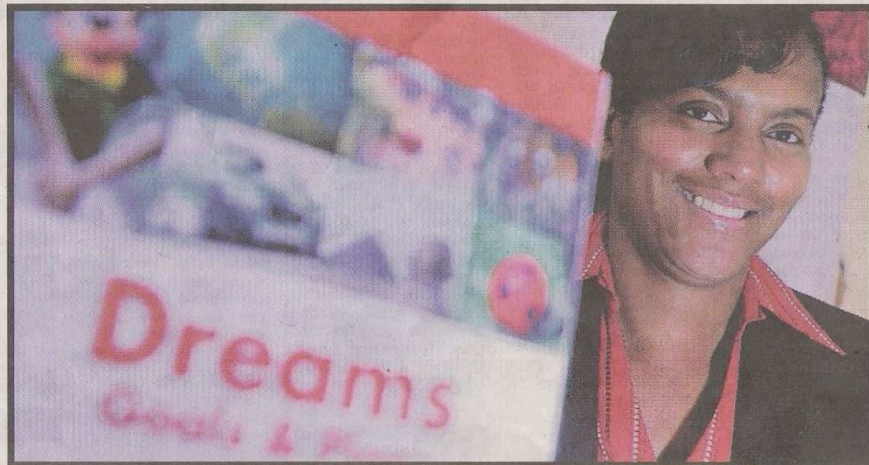
Denise said: "You will end up with a book of 20-plus reminders of everything you have

achieved in your life."

Now recovered from her mystery illness, Denise, who works as a software release manager for Severn Trent, is hoping to take her self-help book to America in the

future – and will soon be available for talks to inspire and help people to find their dreams.

■ **PICTURE** *Your Dreams* is available online and in bookshops, priced £12.99



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■ **REMINDER...**  
Denise Farquharson says the book she's put together will inspire others to achieve their dreams.

**Picture:**  
James Balfour