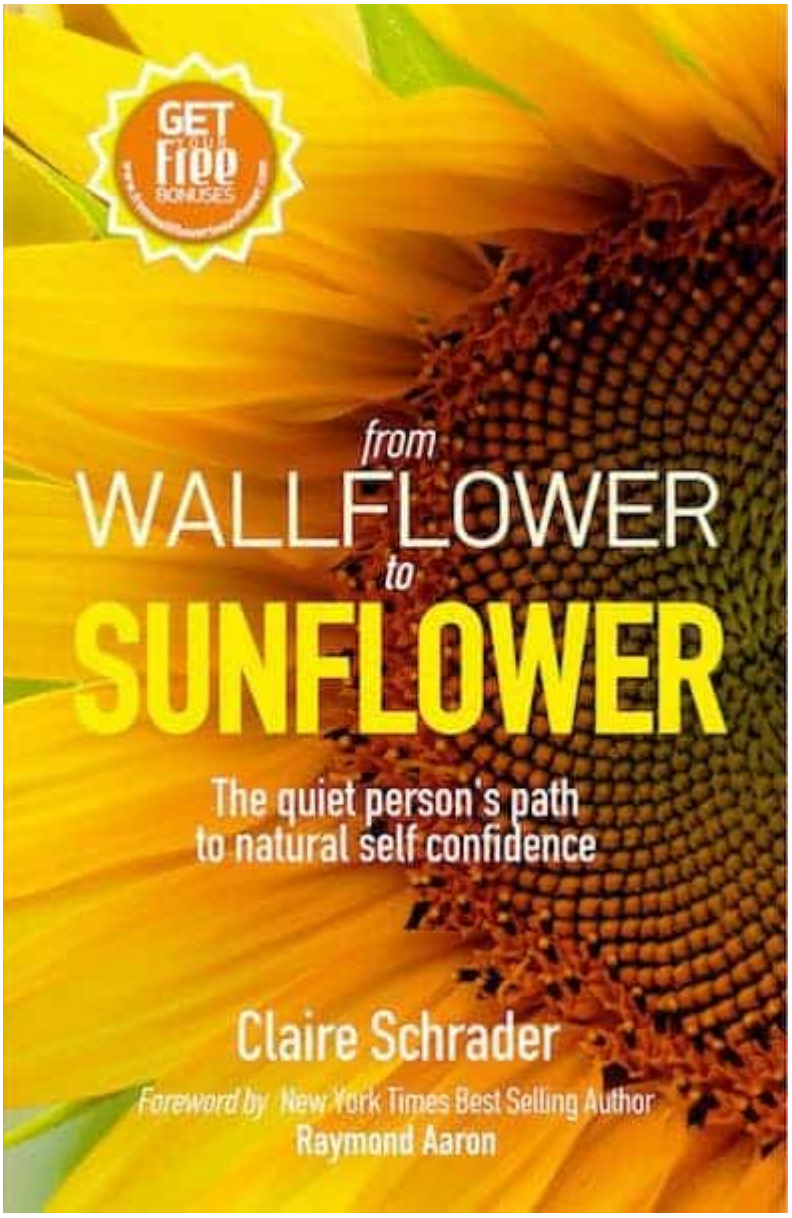
Books by Claire Schrader

Information for therapists and counsellors · https://www.makingmoves.net/FAQ/claire-schrader-books/



From Wallflower to Sunflower – the quiet person's path to natural self-confidence

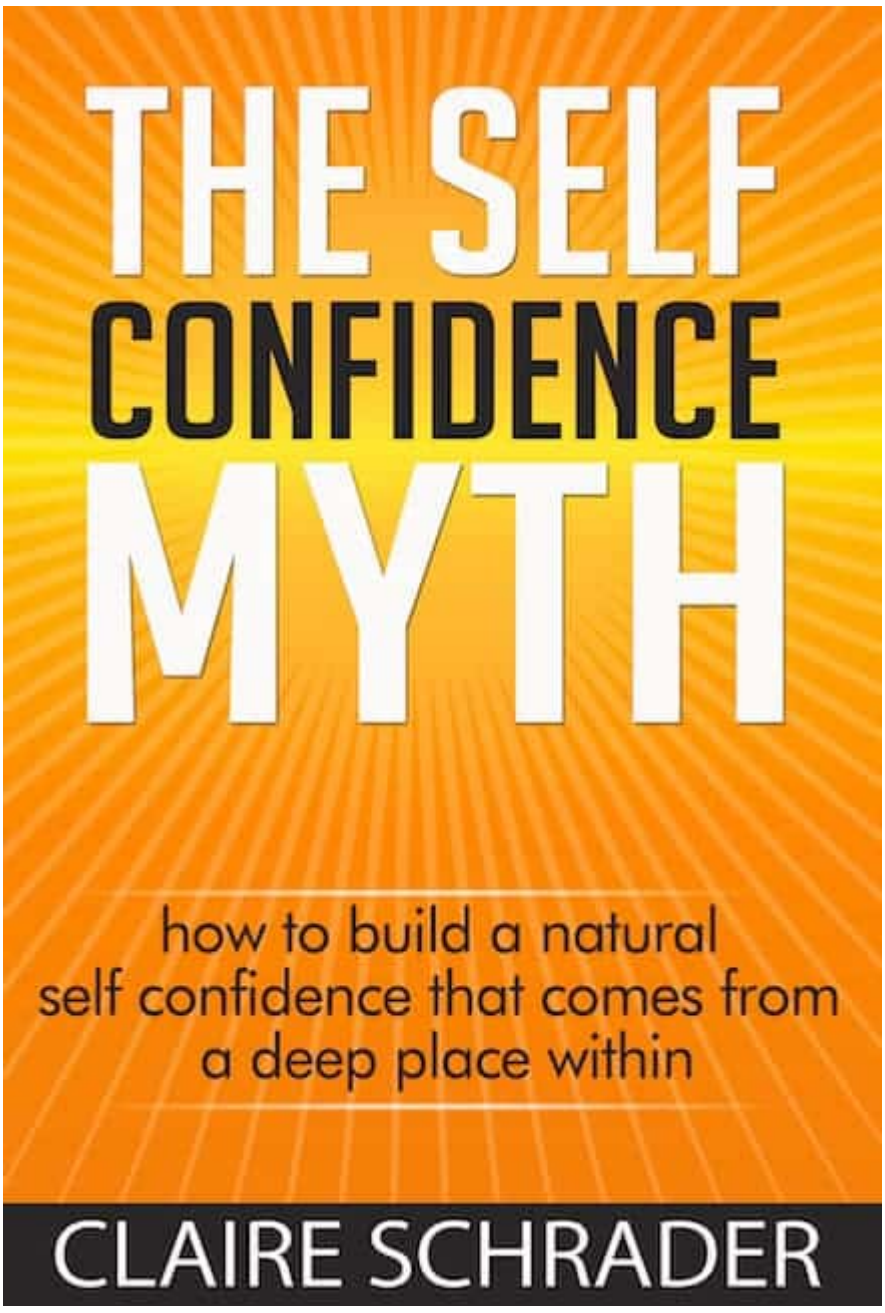
(Paperback – 13 March 2017)

This self-help book tells my story of how as a wallflower, I stumbled by chance on a **simple and effective way** to build a **natural and lasting self-confidence**.

It explains how **the Sunflower Effect** (the confidence-building system I have developed) can move from “Wallflower to Sunflower” – to becoming naturally self-confident.

The book is highly practical, grounded in psychology and offers a step-by-step guide with proven strategies, practical tips, exercises and free online resources. Available on Amazon

Buy the book on amazon



The Self-Confidence Myth

(E-book - 1st April 2014)

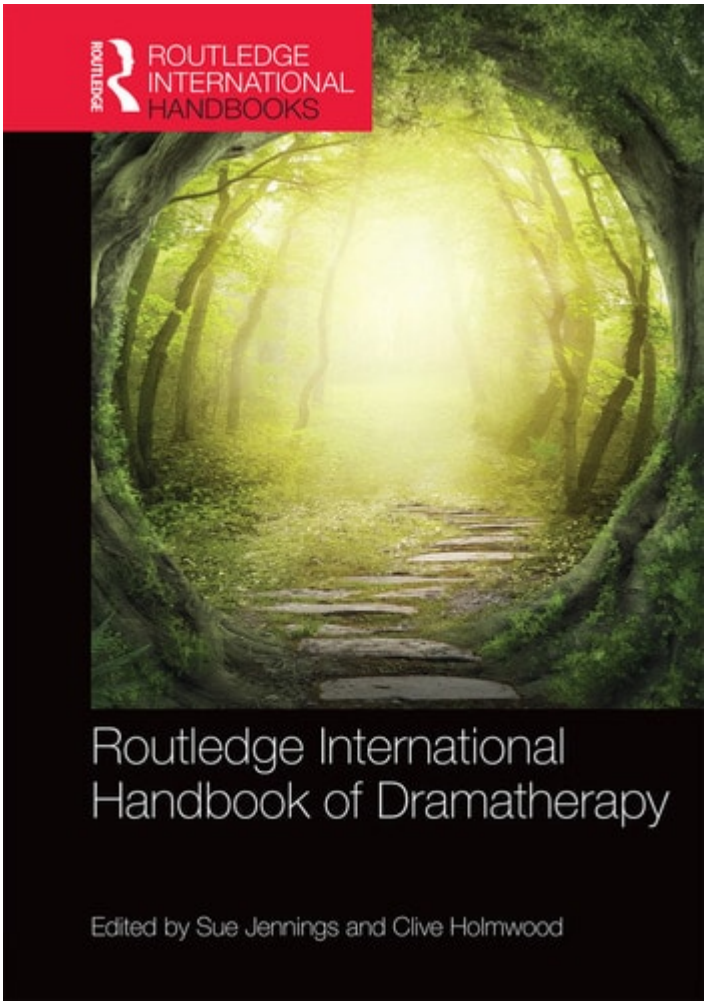
In this 50-page ebook, I will be showing you that it is a **myth that you lack self-confidence**. You will discover that there is **a deep and assured self-confidence that is lying dormant within you** and is just waiting to come out.

It’s just you can’t connect with it yet in the way you want to.

The book provides tools, exercises and information that will put you on a track to **discovering how you can claim the natural self-confidence that lives within you** and why the Sunflower Effect is the **fastest and most effective way for you to achieve goals t**hat up to now have eluded you.

Available as part of bonuses for From Wallflower to Sunflower

Sign up for the bonuses



Routledge International Handbook of Dramatherapy

(Published May 19, 2016, by Routledge)

Edited by Sue Jennings, Clive Holmwood

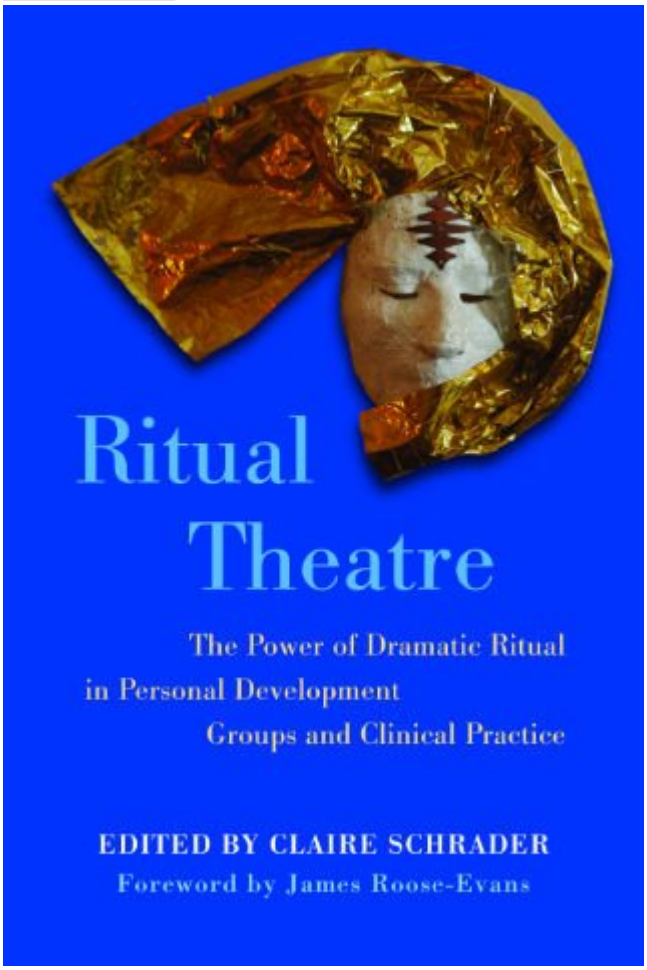
Chapter: “Breaking Through the Walls of Shyness: Overcoming Shyness, Self-Consciousness and Social Anxiety Through Dramatherapy”

I contributed a chapter on shyness for the **Routledge International Handbook of Dramatherapy**. This chapter explores many of the processes I use in the Sunflower Effect Courses.

The Routledge International Handbook of Dramatherapy is the first book of its kind to bring together leading professionals and academics from around the world to discuss their practice from a truly international perspective.

CHOICE 2018 Outstanding Academic Title - Award Winner

More details



Ritual Theatre: The Power of Dramatic Ritual in Personal Development Groups and Clinical Practice

(Paperback – 15 Dec 2011)

The book was edited by me and was published by Jessica Kingsley. It includes six chapters on different aspects of my work, in which I go into **more depth about the psychology behind my approach.**

The book also features chapters from leading dramatherapists in the UK and US and how they have worked with **ritual theatre to transform people's lives**.

For more information see also: **Ritual Theatre Book,** and the **blog post** that I wrote around the publication of the book. **Available on Amazon**

Buy on amazon