

408 – Why Do I Feel Like This?

With Steven Bruce and Kelley Waters

General Overview

Interview Summary: The interview covers the author's experience as an osteopath and the inspiration behind writing her book "Why Do I Feel Like This?".

The discussion focuses on the book's purpose, target audience, and the key concepts it explores around human psychology, beliefs, and behaviors that can impact health and wellbeing.

Interviewee Background: Kelly Waters is an osteopath who has been in practice for over 25 years. She originally wrote the book for herself as a way to reflect on and articulate the unique perspective she brings to her work. However, she has aimed the book at patients, writing it in simple, accessible language to help them better understand themselves and their health.

Key Points

- The book explores common human tendencies and biases, such as negativity bias and confirmation bias, and how they can impact a patient's experience and perception of their health.
- It provides a "toolbox" of simple, practical strategies patients can use to improve their wellbeing, such as prioritizing sleep, movement, and connection.
- The author emphasises the importance of cultivating self-awareness, self-compassion, and curiosity in patients, rather than trying to "fix" them.
- The book is written in short, easy-to-read chapters to make the content accessible and digestible for patients.

Insights

Main Arguments

1. Patients often lack awareness of the psychological and behavioral factors that can contribute to their health issues
2. Simple, practical strategies like prioritizing sleep, movement, and connection can have a significant impact on wellbeing

3. Cultivating self-awareness, self-compassion, and curiosity in patients is more effective than trying to "fix" them

Supporting Evidence

- The author's own experience as an osteopath and the feedback she has received from patients who have read the book
- References to relevant research and expert opinions on topics like negativity bias, confirmation bias, and the importance of circadian rhythms

Themes and Trends

Recurring Themes

- The importance of understanding and addressing the psychological and behavioural factors that can impact health and wellbeing.
- The value of simple, practical strategies that patients can easily incorporate into their daily lives.
- The need to approach patient care with empathy, curiosity, and a focus on self-awareness and self-compassion.

Emerging Trends

- The growing recognition of the mind-body connection in healthcare and the need for more holistic approaches.
- The potential for self-help books and other educational resources to complement traditional medical treatment.
- The role of technology and digital platforms in both supporting and potentially undermining healthy behaviors.

Interview Dynamics

Interview Flow

The interview starts with a discussion of the book's purpose and the author's background, then delves into the key concepts and strategies covered in the book. The conversation flows naturally, with the interviewer probing deeper into specific points and the author providing clear, thoughtful responses. [\[09:48\]](#)

Potential Impact

The book and the author's approach have the potential to help patients better understand and manage the psychological and behavioral aspects of their health, which could lead to improved outcomes and a more holistic approach to healthcare.