

Ditch the Diet

A LIFE CHANGING PROGRAMME...

Be honest, how many diets have you done?

And yet do you still find yourself contemplating another one? Not happy with this part of your body, want to change that part, if only you could drop that half a stone or get back in to those jeans or dress that you refuse to throw out – what are you really holding on to or trying to achieve?

Want to feel in control of what you eat and drink?

This group programme with a maximum of 6 clients will explore the realities of 'diets', educate you on nutrition, combat many myths, cover longevity, self-belief, self-esteem, the benefits of exercise whilst empowering, nurturing and awakening the real you.

Change why you eat and you will change what you eat!

Blending Hypnosis, EFT and NLP techniques this will truly change every aspect of your life, break habits with food physiological and emotional and ultimately not only alter the way you look but also the way you feel about yourself and how you view and interact with the world around you.

Programme Inclusive of:

- Unique and individual programme focusing on targets and goals for 6 months.
- First 1-1 session to ascertain suitability (no automatic group participation)
- 26 x 2-hour group sessions
- On call telephone / text service with life-long online support group

Can also be delivered on a one to one basis.

To book your place on the next programme please email:
info@lookwithin.co.uk or call m: 07748 463064.



Look Within

Clinical Hypnotherapy • Life Coaching • NLP
Professional Development • Personal Development
Hypno Birthing • EFT • Pain Relief • Phobias • Habits