

- **IS FOOD TOO MUCH OF AN ISSUE IN YOUR LIFE?**
- **HAVE YOU HAD ENOUGH OF FAILED DIETS?**
- **DOES HOW YOU FEEL DEPEND ON YOUR WEIGHT?**

BREAK THE CYCLE OF EMOTIONAL EATING FOREVER!

Most of us know **HOW** to eat in order to achieve and maintain a healthy desirable weight. And if we don't there is plenty of information available in books, online, weight loss clinics, etc. **So WHY don't we?** What is it that stops us from eating well, exercising, doing all the right things to achieve and maintain a healthy desirable weight.

THE ANSWER QUITE SIMPLY IS YOU.

The major reason most diets don't work is they don't address the true problem- the physical and emotional aspects of compulsive eating. It is your own emotions, thoughts and behaviours that determine whether you succeed in your attempts to achieve and maintain a healthy desirable weight.

SO WHY NOT INVEST IN GETTING TO KNOW YOU & HOW YOU FUNCTION!

In this 6 week course you will discover what it is that stops you from achieving your healthy desirable weight. You will;

- Begin to explore your relationship with food and uncover the real issues of why you turn to food.
- Understand the importance of healing the feelings that drive emotional eating, and learn some vital tools to set about resolving these issues.
- Learn how to break the vicious cycle of negative thoughts that lead to overeating and identify any self-sabotaging beliefs, behaviours & habits that contribute to your current unhealthy eating patterns and begin to replace them with habits that will promote success and create your new improved lifestyle.
- Learn the principles of Natural Eating to heal your addiction to dieting and support you in achieving your healthy desirable weight.
- Learn the value of self love. When you make changes in your life out of a desire to love yourself and respect your body as the temple that it is you will make positive choices that will lead to the results you desire in every area of your life.

COURSE FACILITATOR;

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**FOR MORE INFORMATION ABOUT TRACEY CLICK ON COURSE FACILITATORS
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