

Weight loss programmes without motivation...

...are rather like strawberries without cream



Those more likely to successfully lose weight are individuals who have the right mental attitude towards achieving their goal.

Our twelve week course could give you all the motivation you need to look great for 2009.

Our twelve week programme includes:

- Three 30 minute telephone coaching sessions with a trained NLP practitioner
- Twelve week nutrition guide
- Twelve week grocery menu
- Twelve week goal achievement strategy

Empower
your
life

Are you ready? Call us now on **0845 194 9644**

www.empower-your-life.co.uk

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