

# **WOULD YOU LIKE TO** **LOSE WEIGHT?**

## **The way nature intended**

**No more diets.**

**No more Guilty Feelings.**

**Feel good about yourself.**

**Learn how to control the way you eat.**

**How to change your beliefs about yourself.**

**Find out why you put weight on.**

**My name is Keith Robson and I specialise in helping people to understand what they are doing to create and maintain the problems they have.**

**We then make the changes needed**

**This usually comprises of two to three hourly sessions together with regular phone calls to maintain support and encouragement**

**BE HOW YOU WANT, NOT HOW YOU ARE**

**Contact ; Keith Robson Dip.Clin.Hyp.NLP Coach. Lightning Process™ Practitioner**

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