


*Ever wondered "why can't I have the life I'd really like?", or pondered, "why don't things happen to me the way I want?" Well NLP can be the answer, explains local trainer and therapist Richard Walker who heads up **abetterlife**.*

### Why NLP?



Neuro Linguistic Programming (NLP) techniques give you the power to fundamentally affect human behaviour.

Fears, doubts and limiting beliefs are prevalent causes of problems in achieving what we'd really like. Time Line Therapy™ removes these, and enables us to set goals in a way that they really happen, whilst Hypnosis improves focus. They have been widely successfully applied, including business, health care, sport, therapy, education and the performing arts.

### What is NLP?

Neuro Linguistic Programming, Time Line Therapy™ and Hypnosis are innovative and powerful approaches to understanding and directing our very experience of the world, our communication, and our behaviour. We finally understand the relationship between mind, body, emotions, and actions.

### What can I do with this?

We can help you transform your life and -

- attract the right person for you
- create ideal relationships
- communicate effectively and create a climate of success
- clear negative emotions
- eliminate fears, doubts, guilt, stress and depression
- be rid of unwanted behaviours and habits
- resolve underlying causes of ill-health
- open doors to hidden strengths
- advance your career and income
- increase motivation and energy
- effective persuasion and selling

### How can I do this?

Richard provides one-to-one therapy sessions and teaches hypnosis, NLP and Time Line Therapy™. 'The Fizzics of Happiness' is an open weekend workshop, where you can work on yourself to clean up and 'laser beam' your thinking and behaviour to create a world around you, that may far exceed whatever you thought you were capable of.

Having discovered these insights, many people find they want to take this to higher levels of competence. The fully certified Practitioner and Master Practitioner courses do this, and teach you how to guide others to produce results for themselves, be they colleagues, partners, clients, friends or staff. How could you use this?

Find out more by calling Richard now on 01582 768830 or visiting [www.abetterlife-uk.com](http://www.abetterlife-uk.com)

**abetterlife**  *personal & business transformation*