



## Discover the Keys to Personal Power and Fulfilment By behaviour specialist, therapist and physicist Richard Walker

At a crossroads in your life? Do you sometimes think 'there must be something better than this?' We now have a well-proven way of resolving problems like these, and more, explains human behaviour expert and physicist Richard Walker.

Maybe you've noticed how some things in your life seem to repeat in familiar patterns? Jobs, relationships, even slimming or keep-fit seem to follow repeating cycles of ebb and flow, ups and downs? If there was a way to break out from the old patterns, using proven techniques based on the physics of your neurology – wouldn't you want to find out more? How much could it be worth to you?

According to Richard, 'We have come a long way in our understanding of how and why we think, feel and act. We now have powerful new techniques for putting this knowledge into practice to get real results, quickly. Fears, doubts and unhelpful beliefs about ourselves are frequently at the root of problems in achieving what we'd really like. Neuro Linguistic Programming (NLP) techniques, combined with Time Line Therapy™, remove these.' As always, this is taking time to filter down into the mainstream of education and thinking. Richard explains, 'Relatively few people have yet learnt of the power of these new techniques which can

literally 'rewrite' your past, reveal the real you, and let you set future goals that irresistibly pull you towards them'.

You can discover these techniques for yourself, and get your own results, in Richard's workshop 'The Keys to Personal Power and Fulfilment'. Richard will guide you through the process in his characteristically inspirational and humorous style. 'No one need know what you are working on, since you do the work in the privacy of your own mind', he assures. And he backs his words with a money-back guarantee.

In just one weekend, Saturday and Sunday afternoon, you will discover how you to let go of past negative emotions, and remove fears, doubts and limiting beliefs. You then learn how to uncover your unconscious self-governing 'commands', and resolve conflicts so that they work for you. You then discover how to set your future in a way that your mind begins to seek to turn into reality.

Why not check the dates for when you can next join us to take part. There are various discounts and special offers. You can even bring a friend for half price! Richard also holds workshops on weight loss and stopping smoking, in addition to working with individuals on a one-to-one basis to solve a wide range of issues and powerfully focus your life.

To find out more, call Richard on 01582 768830 or visit [www.abetterlife-uk.com](http://www.abetterlife-uk.com).

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