

Adelaide Hypnotherapist Launches New Be Healthy Program

Individuals that are looking to get fit, lean, healthy and more attractive than ever have a new way to obtain their goals with the launch of a new e-book and mp3 home program.

The program, many months in the making is the brainchild of Adelaide hypnotherapist, Ben Elliott, aims to assist individuals who have traditionally struggled to get motivated to lose weight or stick to healthy eating plans.

Mr Elliott outlines the rationale for the program saying “with New Years Resolutions nearly upon us, hundreds of thousands of Australians will make a personal commitment to get fit, lose weight and be healthier and the reality is that most will fail in their endeavours prior to the end of January.”

“Over several years of working with clients I’ve found the key that can help people unlock the potential within themselves through using advanced subconscious techniques that I’ve now packaged into this audio program.”

The audio program contains five audio tracks including: “exercise motivation”, “enjoy healthy eating”, “overcome laziness and stop procrastination”, “stop emotional eating” and “loving the healthy life”.

“The fact that people can listen to them over and over again from their own home makes it a use-on-demand product so people can finally get the health and look they desire. The program has worked fantastically well.”

“I’m thrilled to be able to offer this program now because I now have a way to offer my techniques to people on-demand, at home or whenever they feel like they need a little help with their motivation to stick at it.”

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