

# HOW TO KEEP NEW YEARS RESOLUTIONS by [mindfreeapp.com](http://mindfreeapp.com) & [sansdrinks.com.au](http://sansdrinks.com.au)

9 OUT OF 10 RESOLUTIONS DON'T GET KEPT

HOW TO KEEP NEW YEARS RESOLUTIONS

# 9 OUT OF 10 RESOLUTIONS DON'T GET KEPT

# EXPERT HAS THE SECRET TO SUCCESS

# MINDFUL DRINKING & EATING IS EASY

Mark Stephens, Australia leading hypnotherapist and inventor of the [mindfreeapp.com](http://mindfreeapp.com) has teamed up with zero alcohol wine, beer and spirits website [sansdrinks.com.au](http://sansdrinks.com.au) to help mindful drinkers reduce or give up their alcoholic drinking in 2021.

"The secret to giving up bad habits and keeping your resolutions is to replace them with something else. Whether its smoking, eating sweets, gambling or even cutting back or stopping drinking alcohol, which is high on the New Years resolution list for many people this week " says Mark, who has helped thousands of people keep their New Years Resolution over his 30 year career. "My new [mindfreeapp](http://mindfreeapp.com) explains and shows how to do this in just a few minutes."

Irene Falcone is one of Australia's leading female entrepreneurs who founded natural health & beauty store Nourished Life in 2012 with \$100. She sold it 5 years later to an ASX listed company for \$20 million. Now she is disrupting the booze business with hundreds of non-alcoholic wines , beers and spirits.

Irene says that her zero alcohol products are excellent taste alike replacements for the alcoholic ones. " The Newblood Shiraz is a swap for Penfolds Bin 389. Both the Heineken and Carlton zero beers taste just like the original Heineken and Carlton products. As does the Giesen Marlborough Sauvignon Blanc and the alcoholic Giesen Marlborough Sauvignon Blanc. If you like a nice dry Champagne then you can't go passed the McGuigan Zero Sparkling and to make an Asperol Spritz just add in Lyres Spirits Italian Spritz to your glass of sparkling."

"Mindful drinking is a form of meditation where you consciously sit and sip on your drink whether that is alcoholic or zero alcohol. You notice the flavours and temperature and be present in the moment," says Mark.

TO INTERVIEW MARK STEPHENS &/OR IRENE FALCONE email [max@marksonsparks.com](mailto:max@marksonsparks.com) or call Max Markson 0412 501 601

**Contacts**

Max Markson

0412501601

mailto: [max@marksonsparks.com](mailto:max@marksonsparks.com)