



Change Habits, Cravings, and Addictions with NLP!

Part One of the NLP Practitioner Program

Any time we try to make a change, it's as if a part of us wants to change, and a part of us doesn't. Then, we proceed to struggle against ourselves, beating ourselves up for not being more disciplined!

It's time to stop struggling! Now, with the powerful tools of NLP, you can unravel the mystery of personal change, discover effective ways of moving forward and staying on track with your goals!

In this NLP Training Workshop, you'll Discover:

- Where Cravings and Compulsions Come From
- How to Set up a New Habit in 60 min. or Less!
- How to Create Internal Alignment and Minimize Struggle
- Navigating Parts Work as Transformational Tools
- Even Transform Emotional Habits
- How to Train your Brain to Change your Habits

Be All you Can Be in Mind, Body, & Business!



Expanding Potentials, LLC 503-351-8021
Holly Stokes, Master NLP Practitioner, Brain Trainer

When: Sat/ Sun, Oct. 17, 18: 10 am – 4 pm.

Where: Escape Body Therapy
120 NE 117th Ave. Vancouver, WA 98684

Limited Space! Tuition: \$285 Call or go online now to register!

**Early
Registration
only 275!**

www.ExpandingPotentials.Net/NLPChangeHabits.htm