



## What if Christmas was Stressless?

**New clinic address** - 29 Lambrown Drive, Totara Vale, Auckland – phone & email the same

### Enjoy Sweeter Dreams – Free shipping on Dreamlits in November

**Dreamlits** mentioned in my last newsletter have been flying out the door, with customers often coming back for more for friends and relatives – “WOW! I am sleeping through the night easily for this first time in ages.” “My son is no longer having night terrors every night, after 6 years of misery” “Mum’s gone from sleeping fitfully to sleeping for 5-6 hours without waking and feels much better for it.” Dreamlits are brilliant gifts at an affordable price and come with a jewelry pouch. Dreamlits carry a **100% money back guarantee** if the person doesn’t experience a significant improvement in their sleep.

### What Are You Gifting Yourself This Christmas?

Give yourself just 10 minutes a day...to reduce your stress load and improve your health, happiness and peace of mind! Most people spend much more time than that everyday worrying, complaining, avoiding, beating themselves up and other unhelpful behaviors. Daily tapping reduces and even removes the need for this and helps you put your best foot forward in life. I am confident your life would change as you clear past events, eliminate your current stress reactions and defuse future worries. You’d change “energetically” wouldn’t you? Your life would become more interesting, creative, happier, calmer, all for just 10 minutes a day! **So why might you not get around to doing this? Read full article**

### Global Health Special Stressbuster’s Christmas Gift for You - Nov 23 Takapuna

Join me and my colleagues David Holden (Naturopath), Gerald Lopez (Yoga expert) & Francis Evans (NLP/Hypnosis master) for the launch of our new interdisciplinary **Stressbuster’s** workshop. We bring the best of our diverse experience in eliminating the roots of stress and provide simple and direct approaches to self management. This will be a fun and lively informative experience with lots of opportunity to explore what might be the best approaches for your particular situation.

**Our Launch Special only \$99 – \$51 Client Loyalty Appreciation Discount on us**

### Beginner’s EFT Tapping Workshop Dec 1 Northcote

This is the last one for 2013. Join me for the day and discover the simple and important guidelines for achieving more consistent results with your tapping. Past participants have described this workshop as “an incredible learning experience” “great fun” and “I’ve been tapping for years on and off with so-so results and now I finally understand what I’m supposed to be doing and why – it all just makes sense now” **Share the fun and get a reduced rate for two people attending together registration link.**

### Advanced EFT Tapping Self-Help Workshop Dec 8 Sunnynook

Now you know the basics and have had some experience with tapping, discover some of the practitioner secrets to getting deeper into issues and improving your success rate with EFT. I’ve adapted these strategies for this workshop so they will to be easy to use by yourself. “Tapping has suddenly become so much more flexible and creative now I have these tools – I’d no idea what was possible!” Places are strictly limited on this workshop so **book early**. Comprehensive manual included.

**Last Minute Special** – Book the Dec Beginners & Advanced workshop & receive a **FREE Dreamlit!**