

Sound familiar?

Help...I feel sooo **fat**!

I look **old**, what am I going to do?

I feel under pressure to be **thinner**!

I want to look **good**, what do I wear?

At last a book by '**real**' women for '**real**' women!

#### **About me:**

I'm a leading Body Image Expert working with women, for over a decade, in the UK and Worldwide. I'm a Professional Coach, Eating Disorder Therapist, Certified Practitioner of NLP and Hypnotherapy and I'm passionate and about helping women make positive life-long change!

I'm also a midlife woman and on a daily basis see how my clients struggle with the pressures to be slimmer, more attractive, younger looking. It's a daily battle for many women to feel and look just about OK!

I'm here to help you change for life, for the better and you'll soon be Loving your years, Loving your body and Loving your life!

#### **Your book:**

Imagine...You've got 'help in your handbag!' . My years of experience will be available to you at a glance in an easy to pick up, put down, handbag sized book. I'll answer your most pressing questions and offer advice and support at times when you feel wobbly and unsure. I'll have top tips for you to follow and try out for yourself!

#### **So I need you to write this book, I need your questions!**

This book is going to be 'real' and filled with your questions related to body image, eating disorders, weight, age, femininity, just let yourself go and email me now: [jayne@edtherapy.co.uk](mailto:jayne@edtherapy.co.uk). The deadline is 20/07/10.

Feel free to tweet and facebook this flyer, or simply pass it on. A donation from each book sold will go to Cancer Research UK, let's all make a difference!