



**FEEL
ALIVE
INSIDE**

LOVE THE BODY YOU ARE IN

What's stopping you?

**DO YOU WANT TO EXPERIENCE THE FREEDOM OF LOVING YOURSELF
FROM THE INSIDE OUT!**

I know **WHAT** you want to look like and I know **HOW** you want to Feel because there was a time when **your body was my business** and I got paid to motivate, shape and help you look the way you wanted.

It's true I have over 20 years experience and technical skills in personal training, exercise kinesiology, nutrition and lifestyle, EFT, qigong and personal development coaching

Yet.....

I have just as much experience and understanding of what it feels like **NEVER** being able to love my body no matter what the external looked like.

Maybe like me you have tried one **DIET** after another, binged and denied, feed your emotions without knowing the reason and Yo Yoed back and forth.

OR ...

Maybe you have done every Exercise program only to give up trying after a while.



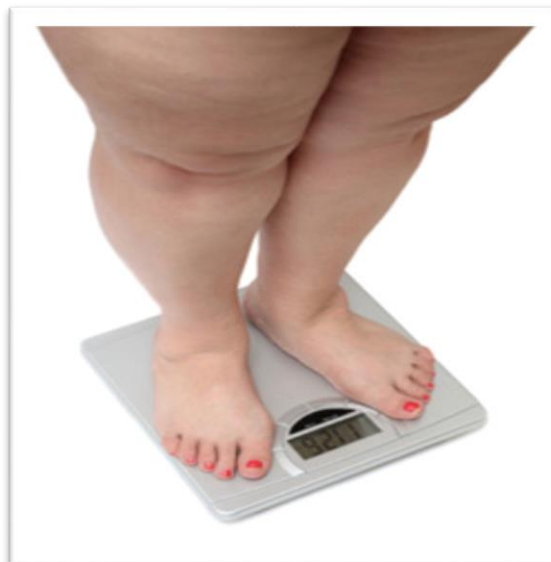
These are only some of the ways that we punish ourselves while silently we cry inside.



Maybe you too have been fighting and battling with your body, your body weight, for what seems like forever and instead of eating your food you're eating FRUSTRATION, ANGER, GUILT and SHAME.

Here's a question:

Have you ever been able to truly feel comfortable in your own skin?



SO ... WHAT IF I TOLD YOU

... that it's not your body that is the culprit or the reason you are hanging onto weight,

... it's not even the food or the exercise program or the lack there-of.

*... your **Thoughts, Beliefs and Judgements** are the missing piece to the puzzle.*

How you Feel about those is what you Feed, Veg out, Take Action or Deny.



These are the **hidden** triggers that are making your **pants** tight.

These are the **hidden** triggers that are **stopping** you from loving yourself.

These **hidden** triggers keep your **mind** running in overdrive

Keeping your **energy** and **motivation** running a flat line.

These **hidden** triggers are **sabotaging** your weight, your **goals** and your efforts, sabotaging your very **happiness**



... and like I said, they have **NOTHING** to do with food, diets or exercise, your metabolism OR your age.

These **triggers** are from **events** and **beliefs** that happened years ago and what's more, you may not even remember them.

These **hidden** triggers are stopping you dead in your tracks from **EVER** getting the body that you want, feeling **confident** OR **loving** and **accepting of yourself**.

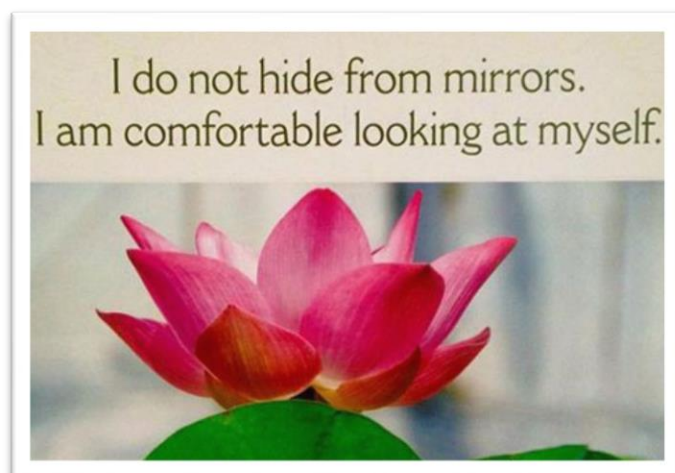
They are **stealing** your **freedom** to feel calm, relaxed, natural & joyful, **comfortable** in your own skin.

AND ... IT'S NOT YOUR FAULT!

But if you're ready to understand why you eat emotionally and learn how to put an end to it for good I highly recommend to ...

Schedule a 30 minute complimentary curious conversation and let's have a chat.

You'll learn YOUR personal reasons for holding onto extra pounds.



I would love to help you out. I too have been to hell and back and I am so excited to share with you how you can

love your body back to health

Keep reading or click [here](#) to sign up for a complimentary curious conversation where Susan will take a look at where you are now and discuss some options for getting you to where you would like to be.

Loving your Body isn't about diets or about what food you should and should not eat.

It is not about exercise or weighing yourself, although in saying that, we will cover some of these aspects over the next seven weeks.

This program is for you if you have **struggled** with having a **loving** and **trusting** relationship with your own body **FOREVER!**

If you have in the past OR maybe still do, battle with **addictions**, **emotional eating**, **binging** and **denying** then **beating** yourself up.

If you feel like you have done and tried **EVERYTHING** and everything has **failed**.

If you have **lost** your **self-confidence** and your **will power** somewhere along the way.

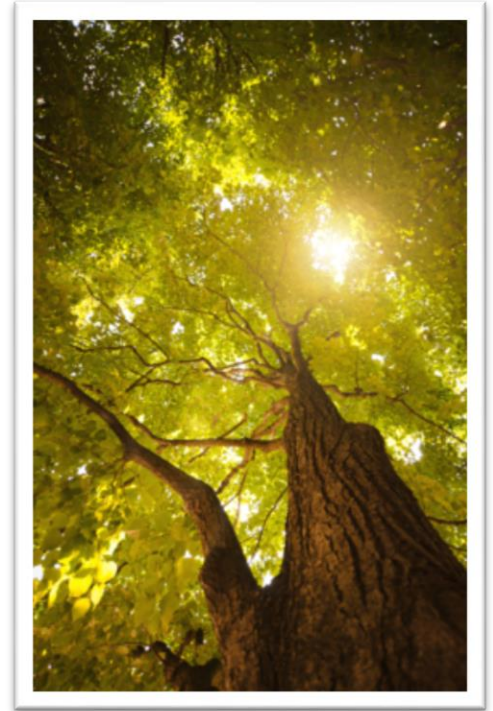
This program is about creating a **loving** relationship with yourself where your body feels **nourished**, **whole** and **heard**.

Where your body feels **safe** to let go of what no longer serves you.



Change happens when willingness, openness, consistency and action meet

- You're willing to look at yourself
- You're open to new ideas
- You're tired of feeling stuck
- You're bored with the same old strategies and diets that don't work
- You're ready for change
- You're tired of believing you don't have enough willpower
- You're tired of beating yourself up
- You know deep inside that there's a better way
- You want an approach to food and body that's positive and uplifting



What can I expect from LOVE THE BODY YOU ARE IN?

Expect a lot – especially if you give a lot. Any training or program is as beneficial as the work we put into it. You will get some great tools, insights, and practices that are designed to have a powerful impact on your relationship with your own body, with your life. This program will provide you with a solid framework from which to build a new and nourishing relationship with your body and food. I deeply believe in the power of any individual to heal, grow and transform. This starts from the inside out not the opposite.

*It's never,
ever too late*

Seven week modules where you will work privately one on one with Susan Whelan via skype audio.

PLUS

- Bonus audio - 'The Science of Tapping'
- Bonus audio - 'The Peace Process'
- Bonus meditation audio - 'Gratitude'
- Bonus weekly audio tapping meditations to accompany all modules to help you stay focused and moving forward in your goals.
- Bonus meditation audio and visualization
- Scheduled Q & A positioned where you will benefit from the extra support
- The chance to connect with others through Susan's private Break the Addiction Cycle facebook community

Love
Your
Body



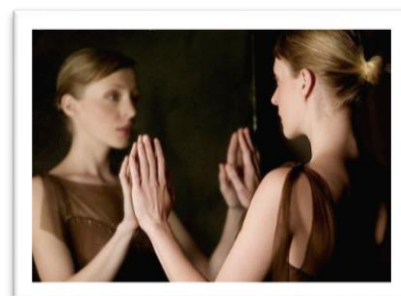
Let's take a look and see what you can expect from this seven week program

WEEK 1: The girl in the glass

This week is about setting you up for success so you can start a whole new conversation with your body.

In this module we are going to look at the Inner Critic and see what she or he has to say.

Susan will work with you to cease that little critical voice in your head and start you on this journey to loving yourself in a whole new way. You will learn a powerful little technique to turn that critic around, from guilt, blame and judgement, to one of compassion and caring.



WEEK 2: Putting a stop to emotional eating

In this week's module Susan will be taking you back to where it all started, so you can gain the clarity and overcome emotional eating.

Get connected to the part of you that has been using food or substances and understand the reasons.

You will be amazed and relieved and have some wonderful Aha moments, as you finally get to understand WHY nothing else has worked for you in the past.

You will discover exactly what has been stuck underneath, showing up as self punishment and self sabotage without you even knowing about it.

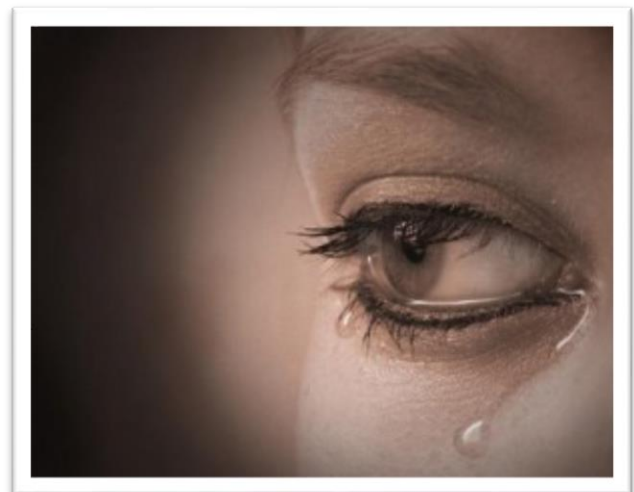


WEEK 3: Emotions buried alive never die

In this Module we will be moving down deeper and you will quickly discover how past events that have been buried down deep sabotage any chance of your success.

Discover how hidden emotional traumas block you from stepping forward in effect every aspect of your life.

Uncover the reasons why your body has used weight as a way of protecting you. You will see how this hidden trauma challenges the very way you have been seeing things.



WEEK 4: Movement that matters

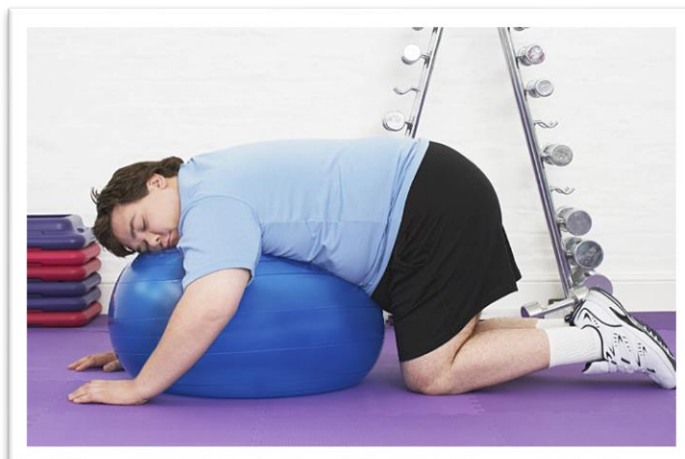
In this week's module you will gain clarity into why we either avoid or we use exercise as a form of self-punishment.

Susan will help you to understand how we can cycle between these two extremes.

You will discover the why and understand how your bodies has been reacting to these measures.

Release and eliminate any negative associations with movement.

Find the pleasure and the want to incorporate 'Movement that Matters' into your life.



WEEK 5: Be the shining light

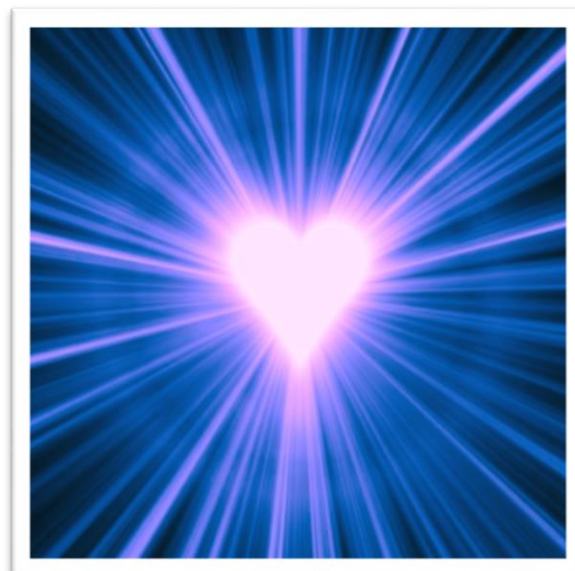
It's time to shine your light brightly.

WHERE and WHY you have been hiding your light. You will discover in this powerful session just what your hidden beliefs are when it comes to shining your light.

You will discover quickly just how safe or unsafe that really is for you.

In this module you will be coming face to face with the judgement and some of your fears only to neutralise them and rise above them to claim your space and feel great.

A truly freeing experience.



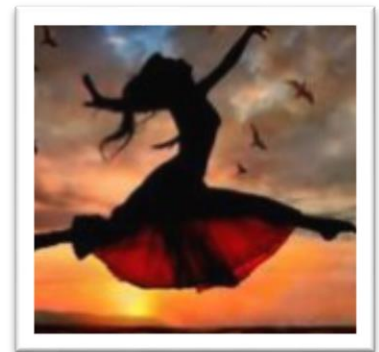
WEEK 6: Power and passion

This week's module is a powerful session to help you discover the reason behind why you may have shut your power down.

You will get to fully understand why you have been playing it small.

Susan will give you the key to unlock all your magnetic potential. You will come out of this module feeling the best you have felt forever.

Feeling powerful, passionate, fabulous, and even SEXY!



WEEK 7: Moving forward from here

This is the last week of the seven week program so Susan wants to be sure you can move ahead with confidence. In this module we will be looking at rewriting the old story you have been telling yourself and move forward with a powerful new story that fully supports your growth.

But first let's clear that VOW to be perfect. AND ... while we are there, the PRESSURE we put on ourselves.

Susan will finish this session by covering new ways to 'Love and Care for your Body'.

