

“An essential practical read for anyone looking to super-charge their motivation, but more than that it helps you truly understand what you want and why, enabling you to break through and create that vital change. This book undoubtedly will light a fire inside you to create your own unique legacy.”

Ben Griffiths, Creator, The Primal Nation Fitness Revolution & “The UK’s go-to-guy for Women’s Weight-Loss”

“*How to Change Your Life* is a book you can pick up at any point and gleam some gems for your day or week. Some of the insights and understandings of how our minds and bodies work are worth a second read as there really isn’t a handbook for the brain out there quite like this.”

Terry Elston, International Corporate Trainer & Author, Trainer of NLP & Hypnosis, www.nlpworld.co.uk