

# Lifepath Psychology

*the journey is the reward*



- **Want a healthier you?**
- **Struggling with eating patterns?**
- **Want to create a healthy relationship with food?**

If you are struggling with eating patterns that are causing you to gain weight, hypnotherapy may motivate you to develop and maintain a sensible eating and exercise plan.

At Lifepath Psychology, our practitioners can assist you to make the necessary lifestyle changes more quickly and easily than trying to go it alone.

A personalised one-on-one service, tailoring each session to the individual.

**To find out more, contact us at Lifepath Psychology**

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*\* We understand that hypnotherapy has its limitations and may not be for everyone.  
Actual results may vary from person to person.*