

# Start the New Year as You Mean To Go On

Submitted by: First Artist Management Ltd (NCI Management)

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Commit to your resolutions with Ursula James

Sign-up for Fitness with the new Kettlebell trend

Discover what the year has in store with astrologer Debbie Frank

Commit to your Resolutions with Ursula James

December 2005: New Year is traditionally a time for resolutions, which are often broken within weeks.

Hypnotherapist Ursula James can help clients commit to their resolutions be that giving up smoking, sticking to a diet or fitness plan, particularly after the Christmas cheer, or setting personal goals to achieve throughout the year. As well as offering workshops, Ursula has developed hypnotherapy CDs in the following areas: The titles include:

- Stop Smoking • Effective Weight Control • Performance Enhancement • Better Sleep or Self-induced Relaxation • Health and Wellbeing • Pain Control • Controlling Anxiety (Approved by the National Phobic Society)

She also produces CD specifically for women looking at fertility, pregnancy, childbirth and menopause, and for men. To find out about sessions, or to buy an Ursula James CD, please visit [www.ursulajames.co.uk](http://www.ursulajames.co.uk); [www.ursulajames.com](http://www.ursulajames.com).

Sign-up for Fitness with the new Kettlebell routines:

Celebrity personal trainer on Living TV's The Biggest Loser, Angie Dowds, is producing dramatic results using new Kettlebell routines. Angie's own range of Kettlebells will be available from the middle of December, along with a DVD - perfectly in time for the flurry and increase of New Year gym memberships, and to maximise on New Year's resolutions to get fit.

Kettlebells, the traditional cast iron weights that look like cannonballs with handles produce phenomenal results in a short time frame of around 8 weeks: impressive weight loss, increased fitness levels and strength of joints. But perhaps best of all, it is time efficient and can be done at home once you have the basic routines in hand. As Angie says: "The kettlebell combines cardio and strength training in one workout, melting fat off you, making you strong and flexible. It's like having a whole gym in your hand."

Angie Dowds routines are available on DVD, along with the kettlebells on [www.AngieDowds.com](http://www.AngieDowds.com); [www.AngieDowdsKettlebells.com](http://www.AngieDowdsKettlebells.com); [www.KettlebellsWorkshop.com](http://www.KettlebellsWorkshop.com)

Discover what the New Year has in Store for You With Astrologer Debbie Frank

Celebrity astrologer who pens the astrology sections for The Mirror and Sunday Mirror, Debbie Frank offers in-depth forecasts for the year ahead. There are three reports that can be commissioned: Your Personal Skylog for the Year Ahead, your Friends and Lovers Compatibility Chart and a fascinating in-depth Personal Analysis. Uncannily accurate, Debbie Frank's astrology charts remain popular as presents for loved ones or for you – a great way to start the New Year, discovering what is in store for you.

Debbie has also launched her new AromAstrology range of essential oil bath products, which she developed to bring a touch of heaven to your bath. Forecasts and oils can be ordered on [www.DebbieFrank.co.uk](http://www.DebbieFrank.co.uk)

For further information, please contact Sophie Madden or Helen Matthews at NCI Management. For further information about other expert, TV presenter and celebrity clients represented by NCI Management, please visit [www.nci-management.com](http://www.nci-management.com) or [info@nci-management.com](mailto:info@nci-management.com) 0207 224 3960