

PRESS SPACES: Change Your Thinking - Change Your Life One Day Seminar: London, 25th April

Submitted by: Sue Blake Media

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PRESS RELEASE

CHANGE YOUR THINKING - CHANGE YOUR LIFE SEMINAR

PRESS SPACES AVAILABLE

EXPERTS/SPEAKERS ARE ALSO AVAILABLE FOR INTERVIEWS/ARTICLES

Dr David Hamilton, research scientist, tells us how the newest brain research and pioneering experiments in the brain's potential for change, will help you survive and thrive in these anxious times.

Train your brain to think positively - in just 8 hours!

This one day seminar has a few press spaces left.

9am - 5pm

Saturday 25th April 2009

Central London

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April 2009/London - Co founders of the Big Life Events Company, Suzy Greaves ('the UK's top ten guru'), Viv Alves (one of the UK's leading yoga trainers) and Georgia Foster (international renowned clinical hypnotherapist) – are presenting at the unique 'positivity & brain training' event taking place in Central London on Saturday 25th April. They will be speaking alongside international keynote speaker, Dr David Hamilton, a research scientist and author of *How Your Mind Can Heal Your Body* and John C Parkin, author of *F**k It - the ultimate spiritual way*.

“Cutting edge scientific research is now proving that the brain can actually change itself. That our thoughts really do change our lives, heal our bodies and can create miracles in our life, “says Dr David Hamilton

The Big Life Events Company is blazing a trail for hosting cutting-edge life-enhancing events using experts for both the conscious & unconscious mind and physical & spiritual wellbeing. At this special Change Your Thinking Change Your Life 8 hour seminar taking place in London on Saturday 25th April 2009, you will:

- Understand how the brain actually works and how your thinking literally shapes reality
- Brain-train your mind to reduce anxiety and feel calm and happy.
- Increase your self-worth and create healthy self-esteem
- Laugh more, go with the flow and quit addictive habits
- Discover strategies for increasing the quality of your life in every area
- Discover that there is no end of the rainbow and how to be happy right here, right now.

All the seminar presenters have 'been there and done it' - changed THEIR lives and reinvented themselves.

Suzy Greaves, ex-health editor of *New Woman* and *OK! Magazine*, now Life Coach, knew it was time to change

her life when she woke up at 1.20am on New Year's Day 12 years ago with a crushing hangover, 30 miles from home having slept through her stop – knee-deep in debt and constantly exhausted from working 16 hour days. www.thebig-leap.com

Georgia Foster knew it was time to tackle her yo-yo dieting and binge eating/drinking when it became out of control. Training to become a clinical hypnotherapist and expert on Voice Dialogue Theory led to her understanding the role of the inner critic and she lost 3 stone. Georgia is now an internationally respected author of 3 best-selling books dealing emotional issues relating to weight, drinking & intimacy/sex. www.georgiafoster.com

Viv Alves learnt 12 years ago that it was definitely time to change her life when she was signed off sick from work with anxiety and stress. She retrained to become a yoga coach and is founder of Warrior at Work, a yoga company that promises to increase your emotional and physical strength. www.warrioratwork.co.uk

Dr David Hamilton, was a scientist in the pharmaceutical industry when he became fascinated by the placebo effect and started to explore the power of visualisation, belief and positive thinking and their effects on the body. He now travels the world, offering workshops to help understand the power of the mind on the body. www.drdauidhamilton.com

John C Parkin, packed up his life in London with his wife and twin boys in a camper van and decided to set up the retreat The Hill That Breathes in Italy, and has created the F**k It philosophy, best-selling book and brand. www.thef-itway.com & www.thehillthatbreathes.com

YOU WILL LOVE THIS SEMINAR IF YOU RESONATE WITH ANY OF THE FOLLOWING:

- I am successful yet never feel fulfilled
- I get what I want and then feel disillusioned and itchy for more
- I'm constantly exhausted by trying too hard
- I'm constantly anxious
- I'm always on some kind of self-improvement programme
- I'm a perfectionist
- I'm a people pleaser
- I believe I will definitely be happier if I lose that stone, change jobs etc
- If people really knew me they'd soon see I am a fraud
- I'm holding my life together by the skin of my teeth

Booking Info: Tickets are £127 (bring a friend for FREE). Call 0845 430 0221 or book online at <http://www.biglifeevents.co.uk/>

Press Spaces: email sue@sueblakemedia.co.uk to reserve yours

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All publicity enquiries to:

Sue Blake Media on 0208 979 5220 ~ sue@sueblakemedia.co.uk

NOTES TO EDITORS:

Media angles:

- Meet the hottest brain trainers!
- Talk to the a leading research scientist on 'neuroplasticity' - 'the plastic brain'
- Talk to the experts who can help you 'train your brain' to feel calm in these anxious times

Case Studies available (including each expert) - sue@sueblakemedia.co.uk