

# CHANGE YOUR THINKING TO CHANGE YOUR DRINKING!

Submitted by: Sue Blake Media

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## NEWS RELEASE

Expert available for interviews

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### WITH GEORGIA FOSTER'S NEW THE DRINK LESS MIND 21 DAY PROGRAMME

~ Get your life back under control by training your mind to drink less alcohol ~ see results in as little as seven days

December 2011 – At this time of year, many people are left feeling that they've yet again overdone the boozing. Yet what if we could effortlessly train our minds to drink less alcohol, and quickly and easily regain control of how much and how often we drink so that we are always in control of our habits? All this is possible and more with Georgia Foster's The Drink Less Mind 21 Day e-learning Programme ~ the most confidential and discreet way to change your thinking to change your drinking. Introductory price just £129 (offer runs until 31st January 2012, normal price will be £189).

A renowned leader in alcohol control, Georgia has spent years refining and developing her programme for maximum results. Her new e-learning hypnosis programme not only makes her course more affordable and accessible, but also more flexible, so it can be done at any time that suits and in the privacy of your inbox. Over a consistent 21 day period, you will learn why you overdrink, your drinking personality type and how to re-train your mind to learn new strategies to drink less as well as understanding your unique emotional triggers.

Georgia's unique and acclaimed approach deals with the real reasons why people drink too much alcohol. "I believe alcohol is simply the symptom, not the cause of heavy drinking and it is your thinking not the drinking that drives the problem. Since creating The Drink Less Mind concept six years ago, I have worked with scientists and experts from all over the world to help people understand why they drink the way they do and how to drink less and still enjoy alcohol," says Georgia.

Using accepted knowledge from the scientific world that it takes 21 days to create a new habit, her new self-help online course is designed to support this theory. Over a consistent period of 21 days, you will receive via email, proven learning tools and all the advice and knowledge needed to make the change.

How soon can you expect to see results? Participants should begin to see a difference in their attitude to alcohol in as little as seven days, with the aim of reducing alcohol consumption to half their current consumption over three weeks having used the programme daily.

21 daily emails cover:

- Defining what type of drinker you are and how this can help you understand why you drink more than

you want to (knowledge is power)

- Daily hypnosis and subliminal recordings (5 brand new hypnosis recordings which are not available anywhere else)
- Introducing alcohol free days (AFDS)
- Learning the 'Inner Dialogue' and 'Drains & Radiators' theories which threaten to sabotage your good intentions
- Setting realistic goals for your life
- Building your confidence in the new you with your renewed self esteem & personal commitment
- Myth debunking of unit measurements
- Unleashing the 'little white lies' toolkit and all the tools and techniques you need to stay in control of your drinking to enjoy life on your terms

Says Georgia: "Some people realise that alcohol is becoming an issue in their lives yet enjoy the taste, social aspect and the idea. There is nothing wrong with enjoying some alcohol, and by the end of the course you will be enjoying alcohol yet most importantly you will know when you need to STOP, and what you have to do to make that happen. You always have a choice."

Georgia Foster's The Drink Less Mind 21 Day Programme is now available for a special introductory price of just £129 until 31st January 2012. (normal RRP £189), and you can even try the first day for free and with no obligation.

Visit [www.GeorgiaFoster.com](http://www.GeorgiaFoster.com) for further information and to sign up.

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Georgia is available for interviews on all aspects of overdrinking.

Images, press sampling and case studies are also available on request.

All publicity enquiries to Sue Blake Media on 0208 979 5220, 07966 538108, [sue@sueblake.com](mailto:sue@sueblake.com)

Notes to Editors:

Georgia Foster is an international author and leading clinical hypnotherapist. Her London practice and virtual programmes support a wide range of issues including overdrinking, overeating, smoking, self-esteem issues, sex confidence/anxiety and stress. She is author of The Drink Less Mind, The Weight Less Mind, The 4 Secrets of Amazing Sex, The Stress Less Mind, Releasing the Writers' Block and The Fertile Mind. Her expertise has been featured in a wide range of media over the years including ITV, Sky, Sunday Times Style, Daily Mail, Daily Telegraph, The Guardian, Psychologies, Zest, Woman & Home and ELLE.

[www.GeorgiaFoster.com](http://www.GeorgiaFoster.com)

[www.DrinkLessMind.com](http://www.DrinkLessMind.com)

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#drinklessmind