

# Carole Samuda

## Cognitive Hypnotherapist & Life Coach



**Would you like help to get to your ideal weight?** You may be attending a weight loss programme and just want a little help to maintain the momentum or you may be working alone to lose weight. Whatever is happening for you, we can work together to help find that new you looking out from the mirror. However much it is that you would like to lose, understanding why you eat and when is the key to helping you take control. A boost to your enthusiasm that encourages you to take the right amount of exercise that's right for you will help you towards the goal you have.

Take back control and enjoy seeing the new you form.

**Carole Samuda**

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## Break the chains that hold you back

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