



Julie Provino

How to Get What You Want in 7 Weeks is out now, published by Rethink Press, priced £14.99. To find out more go to: www.julieprovino.com

ABOUT THE AUTHOR

Julie Provino is an international HR leader, mindfulness and neuro-linguistic programming coach, the CEO of Very Training and VeryHR, and a working mother. She has over 20 years of experience working in corporate HR, training teams and individuals. Her passion lives is helping people change their lives for the better, whether it is at home or in the workplace.



**NEW
BOOK**

International life coach reveals how to retrain your brain for success and start hitting your life goals

HOW TO GET WHAT YOU WANT IN 7 WEEKS: YOUR JOURNEY TO RE-DISCOVERING YOUR AUTHENTIC SELF

As New Year hits, so do our new year's resolutions – surveys show each year we're determined to get new jobs, make new friends, earn more money and start new hobbies. But what if this January we actually have the tools to make our resolutions stick?

How to Get What You Want in 7 Weeks is your fool-proof, hard-hitting action plan to achieving your goals in 2019. And it starts with a powerful realisation – are the goals you've set yourself your own life goals, or someone else's? Will these goals actually transform your life and make you happy? The answer is probably no.

Leading life coach, NLP trainer and mindfulness coach Julie Provino knows all too well that success and life happiness aren't measured by external goals – they're measured internally. Have we all been chasing after the wrong thing? In her life-changing new book she reveals how to truly get what you want – by rediscovering yourself and retraining your brain to live a life filled with purpose and excitement.

Using mindfulness exercises and neuro-linguistic programming techniques, Julie expertly guides you through a 7 week programme to:

- Manage stress
- Build self-confidence
- Eliminate negative thinking
- Integrate goal-setting for success
- Bring mindfulness into the flow of daily life

The techniques featured in the book transformed Julie's life. They helped her to bounce back from career burnout, quitting her job and almost losing her marriage to learning resilience, founding two highly-successful businesses, balancing life as working mum-of-2 and a healthy, happy marriage.

Alongside the book, is a practical workbook bursting with daily exercises and handy tools to retrain your brain to discover your true self, what you really want and how to make it happen – in just seven weeks.

EXCLUSIVE ARTICLES AND INTERVIEWS AVAILABLE

Julie Provino is available for expert comment, interview and to write by-lined articles on a range of different topics, including:



NLP: The Explainer, what is it and who is it for?



Creating a New Year's resolution you will stick to



Quiz: Whose goals are you reaching for?



Mind how you Stress - brilliant mindfulness techniques to combat stress



7 Daily Hacks to Beat Stress



Stuck in a rut, how to move forward and unleash your potential



How to love your job again



Bringing Mindfulness to the workplace