

Karen turns her life around thanks to counselling

Phillip Mitchell MBACP
Private Counsellor
BACP Registered

I work with;

- Stress
- Depression
- Anxiety
- And more...

I offer;

- Person Centred and Cognitive Behavioural Therapy
- A professional, therapeutic service

For a free information pack or for more details phone

07780 946568 or visit

www.counsellingwithphil.co.uk

Earlsdon St, Coventry



Karen Marshall from Finham, Coventry had a life which she described as awful and depressing whilst suffering from Low Self Esteem.

After having five sessions of counselling with local Counsellor Phil Mitchell, Karen now describes her life as fun and enjoyable.

"It's wonderful, but a bit strange" says the mother of two who has given written consent for her name to be mentioned. "I came to see Phil feeling lower than I have ever felt and at the end of my session I felt so confident, like a totally different person. I wasn't too sure if counselling would work but my friend had counselling a few years ago and she recommended I see someone.

I went on to the internet and found Phil. I phoned him to make an appointment and



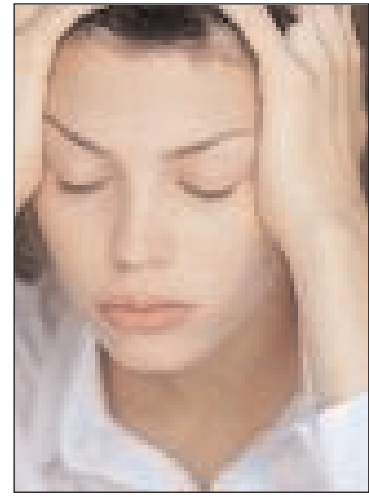
I was so nervous but he really helped me to relax. He listened to me in a way that I have never been listened to before.

I had five sessions and I now feel like a new woman. I think everyone should have counselling."

Phil who is originally from Leeds has been working as a counsellor since 2004. He has worked for various organisations and works both on a voluntary and private basis. Phil was quoted as saying "There are so many people out there who can

benefit from counselling but they either don't know where to start or unfortunately have to be put on a waiting list for 6 months.

I see clients who present with various issues such as stress, anxiety, relationship difficulties, and more. I believe that if you can form a trusting, professional,



therapeutic relationship and tailor the counselling to suit the needs of the individual receiving it, then positive change can occur."

Phil is based in Earlsdon where he offers psychotherapy counselling.

If you would like to contact Phil you can do so by phoning 07780 946568 or visiting www.counsellingwithphil.co.uk

Three years on, still slim and helping the people of Coventry achieve their weight-loss goals!

Lose weight fast with LighterLife

"At size 22 I never had the confidence to wear glamorous clothes. If I was invited anywhere I'd have to dress up, I'd make excuses not to go. But when my best friend announced that she was getting married I knew I had to do something about my weight.

A friend told me about LighterLife and I knew I had nothing to lose but the weight. Now I'm a size 10 I don't need an excuse to dress up and I'm loving my new wardrobe.

- Lose weight fast and keep it off
- No calorie counting
- Friendly, encouraging Counsellors who are qualified to help you
- Small supportive groups with people just like you

3 stone or more overweight? Call LighterLife today

I've kept the weight off for 3 years!

Jenny's story

Since the age of six I was noticeably overweight and throughout my teenage years I desperately tried to lose weight, but gradually got larger and larger. I spent 25 years wishing that I would wake up slim, but it never happened and after trying every diet under the sun - including pills, potions, Atkins and Weight Watchers I finally found LighterLife.

I didn't think that I would stick with the programme

When I discovered LighterLife I never thought I would be able to do it as I normally found the easy route out of any diet programme, but something was different this time! Working in a small closed group of other people in exactly the same position as me, and becoming aware of my behaviour around food with the support of my Counsellor amazed me - plus the weight dropped off so quickly that it was easy to remain motivated and stick with it.

Maintaining my weight loss

Managing my weight isn't always easy. I do have to watch what I eat but I still enjoy all the foods I love. The difference now is that I have learnt to balance out my eating - if I eat high calorie food one day I know I will have to cut back a little the next. But managing my weight long term means I enjoy all the benefits of being slim, like shopping in the high street stores, feeling confident and comfortable on a night out, and just being fitter and healthier.

Jenny now helps others to understand their food addiction

I was inspired to train as a LighterLife Counsellor after finally finding a weight-loss programme that worked! I have so much belief in the LighterLife Programme after struggling with my weight for most of my life and finally achieving weight-loss success, and I aim to help as many people as possible to lose weight and keep it off. I have been a LighterLife Counsellor for over two years and in the last year alone have helped more than 350 clients lose over 4,000 kilos - that's the equivalent weight of four family cars!

What's stopping you?

The reasons diets don't work for us is because we give up. We diet for a few weeks - have what we call a bad week and then we don't continue. I always tell my clients - it's not a bad week it was a difficult week, and it doesn't matter how bad you think your week was, if you don't throw in the towel you will achieve your goals!

If you have been inspired by Jenny's story and would like to find out more give her a call on 02476 553388 or visit www.lighterlife.com.



Jenny McDonald
Coventry

024 76 553388

www.lighterlife.com

LighterLife
Life in balance