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The BodyZen Coaching Program: Mindset for weight-loss

Sara Redman

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BodyZen is all about achieving long term, sustainable results - it's NOT a “quick-fix”. By addressing the psychology of weight loss, BodyZen will open your eyes to the things you've been doing that stop you achieving your best body. It gives you strategies you can immediately apply to your life to get the results you want once and for all.
Working through the BodyZen program takes up to 12 weeks with a commitment of at least 2 hours per week. The ebook consists of 5 sections and will show you how to:
• Uncover the real issue in relation to your body-related concern/s;
• Establish your most important body-related goal based on what you really want;
• Set up the best mental foundation to achieve your body-related goal/s and help you learn more about your mind;
• Create the best emotional state to achieve your body-related goal/s and help you learn more about your emotions;
• Ensure your priorities and body-related goal/s are working together and help you learn more about your spirit.
The sections are structured in the following way:
• information to expand your understanding and learning;
• exercises to apply to your own life;
• a summary of what you have learnt and tested; and
• access to further resources available on our website.

If you’ve realised that diets don’t work… you’re ready for BodyZen!

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