



QEPR (QUANTUM EMOTIONAL & PHYSICAL RELEASE) WITH PAUL EMERY - HOLISTIC TREATMENT OF THE YEAR 2010



QEPR, quick, effective help with: Stress - Worry - Anxiety – Anger - Sadness – Grief – Fears/ Phobias - Frustration - Depression - Love Pain - Guilt - Food/Other Cravings - Emotional Eating - Quit Smoking - Neck/Shoulder/Back Aches, Pains, Stiffness or Headaches.

Successfully treating thousands of people from all walks of life from traumatized war veterans, anxious mothers, angry teenagers and stressed out CEO's, Amazon #1 (business) best-selling author Paul Emery's award winning **QEPR** will quickly help you manage all your negative emotions – whatever the cause!

“Paul is great – it helped me!” Kate Moss - Supermodel

QEPR is based on proven scientific research and results and is a psycho-sensory, meridian energy based *mind body* treatment. It incorporates the best cutting-edge psychological methods developed over the past 40 years such as, advanced EFT – NLP – TAT - TFT and Havening.

The latest neuro-science demonstrates that specific soothing upper body touch combined with a few other simple processes creates positive chemical changes within the brains' emotional/pain center - the 'Amygdala,' which releases unwanted emotions. Release also occurs by 'tapping' specific powerful meridian energy points.

Generally, only 1 or 2 consultations are all that are required for a particular concern. After treatment Paul's clients report feeling emotionally stronger, lighter, more relaxed, happier and confident allowing them to get on with their lives free of their concern.

“The miracle therapist!” Marie Claire – Editor

Paul's other service includes: Weight-loss Made Easy (4 step strategy)

Diet and exercise alone are not enough to lose and maintain your desired weight! You must improve your mind, behavior and emotional state. This easy to follow 'non-dieting' 4 step life-style eating plan, alongside ground-breaking psychology includes how to quickly stop emotional eating, cravings and overcome any barrier to effective weight loss and remain at your ideal weight, forever.

Internationally renowned therapist Paul is an Amazon best-selling co-author with Jack Canfield and also Brian Tracy. Clients inc doctors, royalty and rock stars. Featured by Fox, Sky, Australia's Ch9 hit TV show 'Celebrity Overhaul', Vogue, Gala, Women's Health, Financial Times, Sunday Independent, Sydney Morning Herald, Marie Claire, Harpers Bazaar and OK.

For more information, please contact H&W Reception to book a free chat with Paul