

## **Easy Weight® – Smart Weight Management for Smart People**

Easy Weight® is a well-proven program that trains your brain to think and live like a naturally slim person. It is not about temporary change but teaches **effective strategies and tools** to achieve **permanent transformation**.

Easy Weight® was developed for clients

- Who want to **solve their weight issues once and for all**.
- Who are **already well-informed about healthy food and a balanced diet** but who just have not been able to permanently put this knowledge into practice.
- Who **wish to exit the vicious cycle** of dieting, counting calories, deprivation, binge eating, feeling guilty and ashamed, putting the weight back on, going on a new diet, and starting all over again.

For more information about the program, go to [www.easyweight-usa.com](http://www.easyweight-usa.com)

## **Coaching for Mental Preparation for Peak Performance**

Effective Short-Term Coaching is the method of choice if you want to mentally prepare for peak performance and overcome all kinds of (subliminal) blocks that have kept you from being where you want to be. Sylvia Kurpanek works with unique, well-proven and very effective coaching techniques that were developed in Europe. She assists her clients in using their brain and mind to work for them rather than against them.

For more information about Effective Short-Term coaching, go to [www.sylviakurpanek.com](http://www.sylviakurpanek.com)