



RACHEL ABRAMSON & ASSOCIATES
smoking ● weight ● career guidance
Psychologists, Career Counsellors, Hypnotherapists and Relationship Counsellors



OUR HIGHER ORDER CALLING:

TO HELP PEOPLE REACH THEIR FULL POTENTIAL:

PERSONALLY, PROFESSIONALLY, ENTREPRENEURIALLLY AND MONEY-WISE

MAKING THE MOST OF YOUR NEW YEAR'S RESOLUTIONS

OUR MOTTO:

- BE PROACTIVE.
- TAKE CHARGE OF YOUR CAREER.
- LOOK AFTER YOUR HEALTH.

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MAKING THE MOST OF YOUR NEW YEAR'S RESOLUTIONS



WHAT IS *MAKING THE MOST OF YOUR NEW YEAR'S RESOLUTIONS*?

Making the Most of Your New Year's Resolutions is an audio recording of our presentation on How to Make the Most of Your New Year's resolutions. This audio recording was prepared in order to accommodate those who were unable to attend one of the four live presentations held in January 2018.

This recording draws on principles of neuroscience, power of the subconscious, logotherapy, goal setting, habit formation, and much more.

This recording can be utilised for resolutions you might make personally, professionally, entrepreneurially or money-wise.

The recording is 25 minutes in duration. It includes exercises that you can undertake in the privacy of your own living room. It can take up to two hours to listen to the full recording when you pause the recording to complete the exercises. You are welcome to listen to the recording at your own pace, or indeed, over several sittings. You are also welcome to listen to the recording for each of your current resolutions in turn. You may also find this recording useful when setting resolutions in the years to come.

WHAT WILL I GET OUT OF *MAKING THE MOST OF YOUR NEW YEAR'S RESOLUTIONS*?

You will learn eight strategies that you can adopt to help turn your resolutions into reality. The recording incorporates individual exercises, including one for each strategy. By the end of the recording, you will have a clear actionable plan for turning your resolution into reality. You will also have harnessed the power of your subconscious mind for doing so.

FURTHER INFORMATION

Further information about *Making the Most of Your New Year's Resolutions* can be obtained by visiting rachel-abramson-and-associates.com.au, phoning 0418 149 506 or emailing rachela@ozemail.com.au.

THE FEES

Making the Most of Your New Year's Resolutions is available for purchase on our premises at the rate of \$22.00 per CD. For those who may require their CD to be posted out, there is an additional postage and handling fee of \$7.50 per CD.



MAKING THE MOST OF YOUR NEW YEAR'S RESOLUTIONS



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I would like to order _____ copies of *Making the Most of Your New Year's Resolutions* at the rate of \$22/audio CD.

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