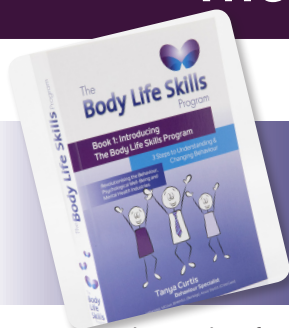


The Body Life Skills Program



Book 1: Introducing The Body Life Skills Program



Revolutionising the Behaviour,
Psychological Well-Being and
Mental Health Industries

3 Steps to Understanding & Changing Behaviour

The Body Life Skills program offers a simple, practical, user friendly and life changing 3-step process that brings about lasting behaviour change.

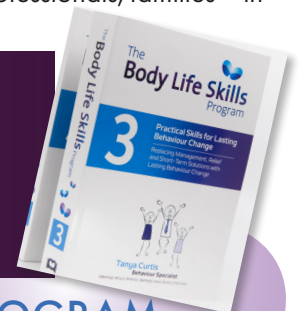
Individuals, families and industries related to challenging and/or unwanted behaviour, as well as the mental health and psychological well-being sector are reporting ever-worsening statistics. This is concerning and suggests the current and traditional approach is clearly not working.

The Body Life Skills program, when implemented successfully, brings about positive and lasting change for individuals, families, groups, organisations and government departments, even and especially in cases when other attempts have failed. This book offers a way forward to bring about: Lasting Behaviour Change.

**This series is for those who are serious
about bringing true and lasting change.**

The Body Life Skills program is suitable for anyone ready and willing to truly understand and change unwanted behaviour used by self or any other person right across and including government agencies, organisations, professionals, families – in short, everyone.

**Book 3 is also available in-store and online
Book 2 coming soon in 2019**



TANYA CURTIS — AUTHOR OF THE BODY LIFE SKILLS PROGRAM



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Tanya holds as a foundation that behaviour is what people do and not who people are. Thus she knows that, at the core of each and every person, is an awesome, amazing, lovable being notwithstanding the fact that some behaviours may benefit from adjustment. Tanya has brought simplicity and accessibility to what can feel to many like a complicated and overwhelming issue and successfully supported clients worldwide to effect lasting behaviour change in their own and others' lives.

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