From Palm Springs to Eaton Park



Valerie Austin at the Desert Sun, Palm Springs

VALERIE Austin is a remarkable woman, forceful, focused and original. And, if her claims are startling, then her results are equally so.

Most smokers, who want to stop can be helped by her technique 'learn to stop smoking in an hour.' But that claim, she says is backed by 'a success rate as high as 95pc.'

Stress, she says is 'the silent killer' and here the Austin technique deals with the problem before it builds up .

Austin Training also stretches to such modern problems and phobias and such common difficulties as losing weight.

But it also has a positive side. Speed reading, earning potential and technique for dealing with the media are also introduced into her courses.

And essential to her skill is location, location and location. So she has held courses in Palm Springs, in Langkawi, Malaysia and in London. And for her first course in the North she has come to the Long Room at Eaton Park, traditionally the home to some of the grandest receptions and festivities in Cheshire.The first course will be held there from the 14th to the 20th of October.

They are not cheap, ranging from £3,500 for a non-residential course, to £5,000 for a residential.

But then Valerie would claim, that in any walk of life, quality costs. Valerie herself is an established author, trainer and journalist. Her best selling books have such catchy titles as *Slim While You Sleep, Free Yourself from Fear, Hypno Sex,* and *Self Hypnosis.* She has received support from such diverse people as Roy Stockdil, book editor of the *News of the World* and Dani Zur of *New Women.*

The remarkable Valerie Austin is bringing her training techniques to one of the most prestigious locations in the county

At the heart of her work is hypnosis. And the aim is to 'use hypnosis to clear the mind viruses' of her high profile clients.

She is a woman as they say with a 'history.'

She spent ten years covering the Cannes Film Festival, and worked as 'trade editor for the film industry.'

In the 80s she was married to the International Editor of the *Hollywood Reporter* and was a journalist with her own magazine in London.

A near fatal car crash led to six years of 'amnesia, followed by 15 years of study and training in advanced hypnotherapy'.

The aim of the course is to teach hypnotherapy 'to the executive or the housewife'. The seven day course aims to use 'structured hypnosis to maximise individual potential'.

For information on the courses ring 0208876 1044 or e mail at: www.paradiselearning.com