

TESTIMONIAL

I went to see Jules not because I want to conquer the world but because I want to be my own friend rather than my own enemy. Jules guided me through dealing with negative self-belief by encouraging me to face the negative thoughts, listen to what they are saying and then prove them different! She taught me simple strategies for managing my hectic life so that I now feel stronger, calmer and more capable than before. And achieving personal goals is a great excuse for a new handbag!

Sally Duffin

Nutrition in York

www.nutritioninyork.co.uk