



**New Year, New You!  
Dubai's Debut  
January 9<sup>th</sup> to 15<sup>th</sup> 2019**

Do you feel like you're always rushing around? Feeling stuck in the daily grind of work or parenting or both? Are some of your closest relationships feeling stale or boring? Are you feeling burdened or burnt out? Do you (n)ever feel on top of your 'to do' list? Are you giving your "all" to others and feeling exhausted and maybe even a bit bitter? Are you stuck "looping" the same old arguments or unproductive conversations with your spouse or other family members? And, are you ashamed to admit any of this might be true because you actually already have a great life?

**Have your attention?  
Wonderful, please read on...**

*But, read no further if you're not prepared to have your world positively rocked!*

Come join Anne in a process she personally commits to at the dawn of every new year. Her husband of 31 years and her two adult daughters often join in. More than 500 clients have loved this course and many come back annually because they're living some of their best years ever! That's a wow!

**What is the process?**

I'll explain more when we meet, but generally this is a life changer.

The process was birthed by my near death.

Almost 20 years ago, I was given a very meagre life expectancy...actually and honestly neither of my two world-class cardiologists would answer that direct question. I realized then, that if I was going to be re-given the gift of life, I needed to claim space instead of take up space. I needed to find a path towards more joy and more service! (When we gather, do be sure to ask me why those two questions are central to living...)

Once I clearly created the life I wanted to live, I began the rather swift journey to healing wholly and completely. Result...I've been medication-free for two decades and have made it my mission to share a powerful healing tool kit with anyone in need anywhere in the world.



## So really, what's the process?

As a former and somewhat successful corporate cog, I decided to take the same time and attention placed on my companies annual planning processes and turn that level of investigation and illumination towards the planning of the enterprise called You! Well, actually that first year is was the enterprise called me!

We take a sweet look at what's working in our lives; how we live, love, work and are of service. And, then we take the same look at what frankly isn't working. We make simple, clear and profound choices about each of these light and shadow patterns.

We remember family and other rituals and decide what to repeat and what to retire. We look at our physical, emotional and intellectual "health" thermometers. We laser in on how we relate, connect and love the people we hold dear. We make revised commitments for how to *better* relate, connect and love the people we hold dear.

We investigate our sense of service to self, family, community and planet. Many clients, through the process, find new, cool and radically creative ways to gift their current skills, intellect, connections and resources in ways that fill them with energy, creativity and joy!

We write a mission statement and commit to goals and objectives specific to headers that rule our lives.

Sound heavy?

It's as light as a feather.

**"New Year; New You! is among the best courses I have ever taken"  
says You!Healing clients...  
consistently**

I'll be honest; I love teaching this course!

As I said, I do this every year for myself. I keep every year's "Business Plan" on my office book shelf. When I look back, I can't believe the crusty old shell of a person I was back then compared to the ever-growing, empowered, light person I am becoming. Through this process, I've found a road that leads me to greater physical, emotional and spiritual health.

You will too!



While perfectly imperfect, through this planning process I've created a conscious path to less dysfunction and more focus; less pain and more joy; less being "less than" and more acceptance of where I am; fewer arguments and judgments of self and others and more creative time and space and passion that ever before.

You will too!

I thought I had an incredible life before. And, actually I did! But when I really looked back at how and where I was expending my energies, time and talents, I found a great deal that I wanted to change. When I truly made my life worth living; I was handed back this preciousness gift. And, that profound perspective dutifully serves as my true north ever since.

Question?

Don't you want to skid out of here with bells on our toes, a glass a of champagne in hand and a million small remembrances of the love you planted growing in the hearts of others.

You do! So...

**"In order for life to be worth living  
we need to create the life worth living"  
says...duh**

Too busy to plan to have the best year ever? Cynical about the process; how can it be so simple? Lighten up and come join me for what I know will be one of the best week's of your life!

**2019  
New Year; New You!!**

And, the best part is...  
you leave empowered with an analytical process  
and an actual "business plan"  
for the enterprise called You!

You can repeat the process every year all by yourself.  
Or, come back and join us again next year!



**Meeting Times:**

January 9<sup>th</sup> to 15<sup>th</sup> daily from 10am to 2pm

**Course Cost:**

New Year; New You! cost is US\$ 1,100 and includes access to the online book for the rest of your life!

**Course Registration Process:**

These are usually very popular retreats, so please contact [anne@youhealing.org](mailto:anne@youhealing.org) to reserve your place before January 1, 2019.

You will then receive a PayPal request. Once payment is made, additional information will be shared with you.

**I look forward to meeting you or seeing you again!**

With love,

A handwritten signature in blue ink that reads "Anne".