

Drink Less, Live More programme – book now for Edinburgh

Drink Less. Live More – The Drink Less Mind Programme Hits Scotland

Leading clinical hypnotherapist Georgia Foster launches revolutionary Drink Less Mind programme in Scotland. Reduce the amount of alcohol you drink; become happier, healthier and more in control of your life.

[Georgia Foster](#), the leading Australian clinical hypnotherapist and alcohol control specialist, who is based in London, is introducing her unique and proven Drink Less Mind (DLM) programme to Scotland with a special one day seminar in Edinburgh on Saturday 20 June 2015.

Both the DLM 21 day on-line programme and the one day seminar with Georgia are for people who recognise that their drinking behaviour is starting to impact their health and lives but don't know how to cut back. These are hard working, responsible people who have got stuck in a rut of regularly drinking too much, the most common reasons of which being social shyness, financial stresses, loneliness, boredom, insomnia and general fears about life.

[The DLM programme](#) is a 21-day instantly accessible, fully downloadable, audio experience that teaches alcohol hypnosis techniques based on over 20 years of alcohol reduction expertise. Using the power of Georgia's Inner Dialogue psychology theory to help understand the different types of drinking personalities, dramatic results occur. DLM trains the mind and body to shift its unhelpful drinking habits to drink from a calm logical space. This means the drive to drink is not so intense or demanding and the domino effect is drinking

less, more easily and confidently. Added to this self-esteem of participants dramatically improves, along with healthier coping strategies.

The [seminar in Edinburgh](#) is a great way to meet Georgia and learn directly from her in one day how to drink less. However participants can chose to download and take the programme in their own time too.

The Edinburgh Reporter spoke to Georgia about the programme:

[The Edinburgh Reporter in conversation with Georgia Foster](#) from [Phyllis Stephen](#) on [Vimeo](#).

Georgia Foster said: “In nearly every instance, alcoholics must stop drinking completely, but excessive and binge drinkers require a different form of ‘treatment’. This is the DLM programme, focused on self-awareness, breaking bad habits, and learning how to socialise without using alcohol as an emotional crutch. It is the thinking before the drinking that I deal with, freeing yourself from your mind’s mistaken equation that alcohol equals reward for a tough day, consolation for a mistake made, or facilitator of confidence.”

The DLM focuses on the benefits of drinking less rather than quitting altogether. It allows participants to address their unhealthy relationship with alcohol, to regain control and, in many cases, to enjoy drinking again. DLM develops new approaches to stress and social situations; ones revolved around enjoyment, not regret, and ones that are less damaging to health. It also helps participants with key areas that improve self-esteem – lose weight, sleep better, save money, improve their emotional state, make better decisions and improve family life.

Georgia Foster – <http://www.georgiafoster.com/>

The Drink Less Mind
– <http://www.georgiafoster.com/Drink-Less-Mind.php>

Twitter – https://twitter.com/Georgia_Foster

Facebook – <https://www.facebook.com/georgiafoster>

The Drink Less Mind 1 day Seminar
– <http://www.georgiafoster.com/Edinburgh-Drink-Less-Mind.php>

Edinburgh, Saturday 20 June 2015 – 10:00 to 15:45

This event will be centrally located. Full details provided at time of booking

Early Bird Special: Full Day just £147 (This would normally cost £810.00 in the clinic. You save £663.00)