



# Happiness : The inside job

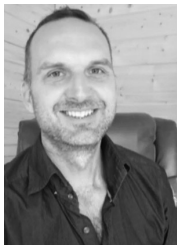
**Feeling Stressed!** Stop.....relax.....breathe and come along to this talk.

When we **feel good** our lives are happier, relationships easier, outlook brighter, energy better and things just seem to fall into place more easily. If you want to turnaround, stress, challenges and tricky situations more easily, this evening is for you.

Covering:

- How to raise the bar on your own personal happiness levels
- How to deal with stress and move through any personal issues more easily
- Finding the factors that create a happier you

Set yourself up to glide through 2017 with this happiness boosting talk.



**Matt Pepper's work is in demand from individuals and companies who realise that by "feeling good" everything changes for the better. He works with captains of industry, people from the world of media and entertainment and individuals who want to make positive changes to their mindset and health. He has 18 years experience of helping people get out of stuck corners of their life.**

**He practices on Harley Street and consults within Corporate Companies. He lectures on happiness and wellbeing for medical teams at Great Ormond St Hospital.**

**Date:** Monday 16th January

**Time:** 7.30pm - 9pm

**Venue:** Neal's Yard Remedies  
112 Marylebone High Street  
W1U 4SA

**Cost:** £25 Includes:  
A Neal's Yard  
Goodie Bag +  
15% Discount Voucher

**Booking essential**  
Limited places

**To book please call 0207 935 0656**  
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**MATT PEPPER**  
FEEL GOOD