



# Nourish Your Soul

Co Creation Wellness Centre,  
1/59 Hume St, Crows Nest NSW

Tuesday 28 October

7pm-9pm

## FREE EVENT

You are invited to an evening with internationally acclaimed speaker and mindset coach, **Andrew Hughes**.

There are some things that change everything. Those things are the keystones, the things that matter. If you want to start living to your potential and tasting your dreams, here's what those non-negotiable keystones are:

**Find meaning.** People get stuck on this but that's because they look for a 'way of doing'. In truth, meaning

and purpose are a 'way of being'.

**Use your emotions.** They are your keys to freedom - don't push them down or turn away from them. Your emotions, especially fear, can paralyse you if you let them. They are a great servant but a poor master.

**Connect with your inner wisdom.** Listen and take action. When Steve Jobs said everything else is secondary to listening to your heart and intuition, he was onto something big. That's why he was so incredibly successful.

So if you're interested in:

- ◆ Discovering your most powerful transformation tool and using it, immediately,
- ◆ Detecting the messages your unconscious sends to you and using them to set you free,
- ◆ Collapsing your fears, uncovering and tuning into your X-FACTOR

...then don't miss out on this FREE event.

Register at [andrewhughes.com/free-talk](http://andrewhughes.com/free-talk) or call us on (02) 49344569.

Hurry, seats are limited.