

Simplify your life to Live your Life Alive

Saturday, August 22, 2020

11am - 12pm (UK Time)

2pm - 3pm (Dubai Time)

3pm - 4pm (Pak Time)



Speaker: Dr. Zsuzsanna Fajcsak-Simon (Dr. Zsu) Ph.D., M.A., M.A., M.Sc., CNS.

- Dr. Zsuzsanna Fajcsak-Simon is The Leader in Integrated Health
- She is the founder of ALIVE – Live your Life Alive program, which brings complete transformation in people's lives
- Author of the best-seller book “**The Secret of Happiness Locked in Your Fears**”, published in USA in 2019
- Dr. Zsu with 3 masters and a PhD (Physical education, Exercise physiology, Nutrition and Education), she is certified in Functional diagnostic medicine, NLP and yoga master trainer
- Over 25 years of work experience extends to 4 different continents and different cultures (Europe, USA, Australia, Asia including Malaysia and Pakistan)

Dr. Zsu teaching is all about bringing you an experience, so you can feel better and realize that feeling better, living more peaceful, healthy and happy with high meaning is possible, it is simple and it is all within your hands. Visit her website www.drzsu.com for in depth knowledge

Program Overview:

Did you know that by simplifying your...

- Environment you will simplify your life and feel better?
- Life you work on your health and you step on the road to happiness?

The Question is:

How to simplify your life when you don't have time, your life is so complicated and you are so afraid of change?

Key Highlights:

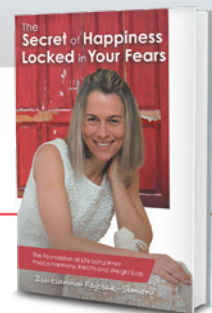
How to simplify your environment and life in such small bite sized steps that all difficulty becomes an easy to do task?

Who Should NOT Attend:

- Who are waiting for a miracle to happen for their life to change
- Who are expecting others to fix their lives
- Who expect their happiness from others
- Who depend on others to fulfill their emotional needs and use them as a compensation for their lack of self-love

Key Takeaways:

- Experience inner calm and start seeing life with more clarity
- Start prioritizing among your needs, your life and seeing the real value
- Getting rid of the clutter and feeling much better
- A healthier diet and more active life
- Less fatigue, more concentrated work, conserving energy
- Able to express genuine acceptance and gratitude for self and others
- Live with genuine loving-kindness and compassion
- Be a better human being and add to social change



The Secret of Happiness Locked in Your Fears:

The Foundation of Life Long Inner Peace, Harmony, Health and Weight Loss.

by Dr. Zsuzsanna Fajcsak-Simon

This book outlines Dr. Zsu's international program “Live Your Life Alive.”

Coming Soon!!!

Virtual Masterclass
“Simplify your life to Live your Life Alive”
by Dr. Zsuzsanna Fajcsak-Simon.

A Special Discount for Pakistan based applicants courtesy Octara

For Details, Please contact:

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