

HOW TO MANAGE ADDITIONAL HUNGER

- CHRIS HILL



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Learning Together Online

Resource Guide

About Chris Hill

I am the award winning, best-selling author of: *Get Your Life Back: The Road to Freedom from Addiction*.

I'm an addiction expert who helps people overcome all types of addiction such as addiction to nicotine, alcohol, drugs, etc., as well as addictive activities such as gambling and over-eating. I help with Sugar Addiction, Recreational Drugs, Caffeine Addition, Sex, Porn, and other activities.



I also help with relationships and bereavement counselling, teaching people how to handle their emotions and feelings. My programme is also being used for mental health and wellbeing, i.e. to manage or eradicate compulsive behaviours, phobias, anxiety, stress, and other fear-based conditions.

I am also a campaigner for a better understanding of the truth about refined sugar and teach overcoming sugar addiction. I work in a holistic way with people who have eating disorders such as bulimia and anorexia nervosa; and have had success with managing these conditions. Add a little bit of body text

About Chris Hill (Ctd)

I had my own battles with addiction spanning 20 years of my life. I first became addicted to nicotine at the age of seven, progressing to alcohol and drugs later in life. I attended dozens of recovery programmes and used dozens of systems to no avail. I then educated myself around how addictive substances affect the subconscious mind and body, and developed a method to reverse addiction and return the individual to their pre-addicted mind. I have been free of all addictions for just over eleven years.

Following the loss of my twin brother to alcohol and drugs in 2014, I have made it my life mission to share the knowledge that helped me permanently escape from addiction; with as wide an audience as possible.

I was awarded the BSVC Award for Services to Health & Wellbeing 2017. I'm working alongside the addiction service Nexus, and have just completed training with the NHS to support patients suffering from addiction as well as mental health issues. MIND have now incorporated my workshop into their service delivery. I work with a number of homeless charities delivery addiction workshops; and offer both a drop-in service and intensive programme for my own clients.



About Chris Hill (Ctd)

My book has sold over 4000 copies worldwide since its publication in September 2016 and the feedback has been incredible with people contacting me from around the world to thank me for changing their lives.

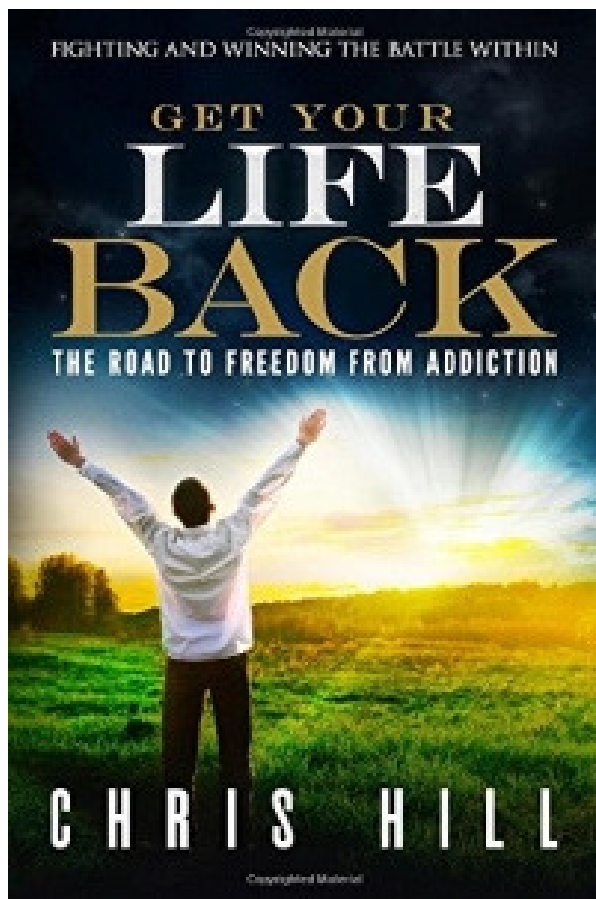
On 1st August 2017, I was invited to present my 7-Day Beat Addiction Plan to the research team of Dr. Nora Volkow, The Director of NIDA (National Institute of Drug Abuse) at the World Health Institute, Washington DC and am in talks with Dr. Ethan Kross from Michigan University to look at the effectiveness of 'Self-talk' when applied to addiction.

I am working with author and Clinical Psychologist, Dr. James Manning on a publication that aligns my teaching with a CBT model for addiction recovery.

I'm also collaborating with Dr. Rachel V. Gow, Nutritional Neuroscientist and ADHD world expert; to publish a paper incorporating effects of sugar.



Reading



Through personal experience, Chris Hill has become an expert in the field of overcoming addiction using the power of the subconscious mind... and through a devastating tragedy, he has made it his mission to teach what he has learned to as many people as possible.

This book will take you on an emotional journey through Chris' own life, his joy, his sadness, his ups, his downs, his stumbling blocks and his solutions. You'll come out the other side enlightened, and armed with all the tools and knowledge you need to Get Your Life Back. " This read moved me, gave me joy, some laughter, and too many tears. Above all, it gave me hope." - Alison Seary

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Video

CHRIS HILL
Life with Purpose

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