

## **Press Release – March 2012**

### **The Vitality Show Featuring Phil Parker**

Phil Parker, one of today's leading personal development experts and coach to the stars, is sharing some of his groundbreaking ideas with audiences at the Vitality Show.

Phil believes that everyone deserves to have a life they love and he's passionate about creating solutions to the problems and issues of life in the 21<sup>st</sup> century.

One of the areas Phil has researched into is chronic illness and pain. In the past it's been accepted that these are conditions people have to just live with. Now, thanks to his Lightning Process seminars, which teach a clever way to use your brain to make your body work better, over 2,000 people a year are finding how to un-stick themselves from years of suffering.

Phil has also invented a new word 'dû', the verb of happiness and choice. You can find out how to use dûing at [www.duing.org](http://www.duing.org) or by reading Phil's book, 'Dû - Unlock Your Potential with a Word' to enhance your life. Dû is an amazing concept that has been adopted globally by western business and drug rehab, by explorers and top sportsmen, through to projects in the slums of Africa, changing the lives of thousands throughout the world.

Phil is continuing to challenge the norm and provide people with amazing options for a happy and healthy life. For more information: [www.philparker.org](http://www.philparker.org)

Ends

For more information or to arrange an interview with Phil Parker please call Lydia on 020 7374 0233.