

*Michel, thank you so much for your help.*

*I've always considered myself and driven person and a high achiever.*

*Somehow, in the field of exercise, in spite of hours and hours of rigorous training, I felt like I'd hit a glass ceiling. I just couldn't break through whatever blockages I had, that were preventing me from succeeding.*

*So, after several years of chasing my dream of qualifying for the long distance triathlon World Championship in Hawaii, I now finally reached my goal and I'm on my way to Hawaii in October.*

*When we did the intervention this year in March, thanks to my wife's recommendation, I must admit I was, at first, a bit sceptical. At the time, I had engaged with a nutritionist and a sports psychologist, just to make sure I ticked all my boxes before the next IronMan race.*

*I truly believe that it was thanks to the work we did together that I managed to identify and address what was holding me back.*

*I can see the benefits not only in my athletic performance, but also in other areas of my life.*

*I would like to thank you for your dedication and caring.*

*It's been a great journey for me, and you were an important piece of the puzzle that I needed to complete. I'll be back for more just before the next race.*

*With kind regards,*

*JP Valverde*

