

# talkofthetownbooks

Local business woman Becca shares her story of success as she launches her first book. Becca Teers, 42, from East Dulwich, is the author of *Unlimited*, a new book designed to help people take up positive habits that will help them achieve their dreams and aspirations.

Becca says, "I knew University was never for me and wanted to get out into the working world at the first opportunity.

"I started my career as a beauty therapist directly after high school, moving to South London where I became interested in holistic therapies, studying many different types of massage, bodywork and therapeutic treatments.

"I always had ambitions to start my own business and wanted to learn as much as possible, so I trained to become a Reiki healer, reflexologist and an energy healer.

"Having built up my experience working for a number of established five star spas in the West End, I knew I could offer a better service working for myself.

"That's when I founded Therapy, a salon/day spa in East Dulwich, which I ran successfully for the past 16 years.

"The business was started from home but is now operating from a five-treatment room commercial premises, employing 14 staff.

"At the end of 2016, a member of the team at Therapy took over from me, allowing me to concentrate on writing my first book, and launching my new business - Healthy Habits."

Today, Becca works as a fully certified cog-

**Becca Teers, has worked as a holistic therapist in South London for more than 20 years, before launching her new business, Healthy Habits, centred on using hypnosis to help people implement positive change to their lives. Here Becca shares her success story exclusively with the South London Press**

nitive-behavioural clinical hypnotherapist, certified NLP practitioner, Psyche-K practitioner and holistic therapist, helping Londoners to stop smoking, lose weight, combat insomnia and reduce alcohol.

Becca said: "More than a decade ago I became really interested in the human mind and it's huge (and often untapped) potential to positively affect people's lives.

"It's always been an ambition of mine to write a book, and this year I'm proud to take launch my first title, *Unlimited: 7 Habits to Unleash Your Full Potential & Get The Life You Want*.

"The book combines all my years of learning across both my business, alongside a study of the mindset, and practical habits of successful and happy people.

"Ultimately, the aim of the book is to motivate and inspire people from my own learnings to help them clarify their purpose, passions and life goals, so that they can do what they love and love what they do.

"I want to help others to breakthrough any limiting beliefs that may be holding them back from going for what they want."

● **Unlimited is now available now in paperback or kindle on Amazon via [www.unlimited-book.com](http://www.unlimited-book.com)**



Becca Teers above and below with her book

**UNLIMITED: 7 HABITS TO UNLEASH YOUR POTENTIAL & GET THE LIFE YOU WANT**  
By Shujaul Azam



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