

Start: Sunday, 01 Sept, 2024  
Complete: Sunday, 27 Oct, 2024

## TESTIMONIALS

*Overall, I highly recommend Harrie. The progress I've made in just 8 weeks has been remarkable, and I'm excited to continue applying the skills and habits I've learned. Thank you, Harrie, for an outstanding experience!*

**AR - 14.52LBS LOST IN 8 WEEKS**

*Understanding of how the body works & what it needs has been the most valuable thing I have learnt. A few small changes do count, need to be patient, trust the process 😊, Harrie tells the truth 😊😘*

**JD - 14LBS LOST IN 8 WEEKS**

*Harrie's support has been unwavering. Constantly there when needed and the best hype woman! Any hurdles I faced, like hormones, mood, lack of motivation, Harrie talked with me and felt better.*

**LL - 13.2LBS LOST IN 8 WEEKS**

*Harriet Brennan*