

Change Your Brain – Change Your Weight



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Sunnie Brooks is the Owner of Neuro Weight Loss Coaching, and ***works with committed health and wellness professionals who want to help their clients achieve significant and lasting weight loss, while building a business that rewards them for doing what they love.***

Always athletic and energetic, Sunnie got her love and commitment to a lifestyle of health and fitness at a young age. From her early years of working out at the gym with her brother, a National Collegiate Powerlifting Champion and getting mentoring from the former Olympic athletes who owned the facility, to excelling in competitive equestrian sports, Sunnie understands the power and confidence of living in a body that's strong, healthy and fit. It wasn't until she personally experienced devastating life circumstances creating a vicious cycle of weight gain and depression that she realized how easy it can be to get into that trap and how difficult it is to get out. Her discovery of brain science and learning how changing the brain can change a life, resulted in her triumphant return to health and fitness. ***Sunnie now changes others' lives by teaching them how to easily and naturally get thin, energized, healthy and to stay that way.***

A pioneer in the field of neuroplasticity based weight loss, this cutting edge brain science allows Sunnie to create exclusive, customized weight loss programs that get long lasting and sustainable results. ***Her unique combination of academic study, practical client application and her own transformational weight loss journey has provided hope and success for clients around the globe.*** Her clients say she is enthusiastic, compassionate and committed, and that she never gives up on them. They also cite her ability to help them understand the comprehensive connection of mind and body for weight loss success. As Sunnie often says, "Weight loss starts in the mind but shows up on the body."

A dual degree, cum laude graduate of Salve Regina University, Sunnie pursued her graduate studies at Lesley University and is certified in NLP (Neuro Linguistic Programming) and hypnotherapy. In addition to neuroplasticity, her primary fields of study also include MBSR (Mindfulness Based Stress Reduction) and CMR (Cellular Memory Release) and she was a behaviorist at a medically supervised weight loss clinic for the morbidly obese. She provides pro bono services for combat vets with PTSD. Her articles have been published in numerous trade and association magazines and appeared as a guest coach on the television show, The Art of Coaching.

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