



HELPING PEOPLE BREAK FREE FROM ALCOHOL & STEP INTO THEIR NEXT CHAPTER

MEDIA BIO NIGEL JONES

Nigel Jones is a life coach, NLP practitioner and hypnotherapist specialising in helping people in midlife break free from alcohol and step into a more energised, focused and purposeful version of themselves.

He is the author of the bestselling book *Walking Back to Happiness - The Secret to Alcohol-Free Living & Well-Being*, and a Lead Champion for Alcohol Change UK.

Nigel hosts *The Feel Good Hour*, a monthly podcast focused on mindset, habits, wellbeing and alcohol-free living, with over 20 episodes produced to date.

With 30+ years' experience in PR and communications, Nigel is an experienced media contributor who communicates clearly, confidently and in a way that connects with a wide audience.

His work focuses on the growing number of people who don't identify as having a serious "problem" with alcohol, but know it's holding them back - particularly in midlife.

Website - <https://www.9kmby9am.com/>

Feel Good Hour - <https://www.feelgoodhour.com>

Testimonials - <https://www.9kmby9am.com/coaching/coaching-testimonials>

My Book - <https://www.amazon.co.uk/dp/B0DLPH36R3>

Professional Bodies <https://general-hypnotherapy-register.com/nigel-jones>

Professional Bodies - <https://anlp.org/members/nigel-jones>

Newsletter - <https://www.9kmby9am.com/latest-news/newsletter>



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