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To whom it may concern:

At the start of 2015, I enrolled on a training course with Jayl De Lara.

The sessions I had with Jayl were very beneficial in developing my confidence, self-esteem and overall well-being. He has taught me to look at the brighter and more positive side of life in general, rather than being so pessimistic.

The various techniques he has taught me have benefited my mind overall. Even though Jayl is not under the employment of the government, he is 100% professional and brilliant in what he does.

Matt Webb