



I WANT HIGHER SELF-ESTEEM

I want to live abroad

I want to decide about babies

I WANT A NEW CAREER

I WANT TO LOSE WEIGHT

I want to live abroad

I WANT HIGHER SELF-ESTEEM

I WANT TO QUIT SMOKING TO LOSE WEIGHT

I want to decide about babies

# WE CAN REBUILD YOU

Neil wants a new career, Kate is drowning in debt, and Jamie dreams of conquering Mont Blanc - but not a bigger mountain to climb first. Here we introduce the Upgrade: seven Observer readers aiming to transform their lives with support from our dream team of experts

Portraits by Karen Robinson