

Lazy Way To Lose Weight



Mark E Wilkins, MH, ACH

LAZY WAY TO LOSE WEIGHT

This is how to use this program:

1. Listen to the Pre-Talk several times, it is important that you understand hypnosis and how it will help you. Any questions please email me at the Mark@growth-enrichment.com.
2. You must agree to follow my suggestions that are given to you . I won't ask you to do anything immoral, illegal or fattening.
3. Understand that what your mind expects tends to be realized, so start right now and eliminate negative and condescending thoughts from your mind.
4. Follow through on all your homework, although hypnosis is a natural body function, it improves greatly with practice.
DO NOT SKIP YOUR PRACTICE!

Do not listen to this cd while operating a vehicle or machinery

Congratulations — you have now begun to master the use of self hypnosis and well on the way to controlling your own destiny!

GROWTH ENRICHMENT HYPNOSIS CENTER

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www.lazywaytoloseweight.com Mark@growth-enrichment.com

5. The program includes a cut out cue card, this card is to be read and memorized by you. Then repeated to yourself over and over just before falling asleep each night for at least 30 days. Your key word is **ORANGEBLOSSOM**, and this word should be repeated throughout the day, also for the thirty day period.

6. The cd explains the program as you progress. So find a comfortable chair, recliners are great, use some light weight headphones, remove your shoes and make yourself comfortable.

7. It is a good idea to disconnect your telephones and pagers during the sessions and eliminate as much distraction as you can. If you are listening to the sessions alone then simply play them through speakers and not with headphones

**This is a 30 day program to start losing weight daily for a
NEW THIN, SLIM, TRIM YOU!**

CHECK OUT THESE OTHER PROGRAMS:

<http://www.unleashthepowerofyourmind.com>

<http://www.painfreechildbirth.com>

<http://www.growth-enrichment.com>

Coming Soon <http://www.themillionairesmind.com>

**I AM LOSING 4 OUNCES
A DAY, DAY AFTER DAY
IN EVERY WAY**

ORANGEBLOSSOM

**MY WEIGHT
CUE CARD**

Start Date: ___/___/___

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MARK E. WILKINS, MH, ACH

ADVANCED CERTIFIED HYPNOTIST
MASTER HYPNOTIST
CERTIFIED PEDIATRIC HYPNOTIST
PAINLESS CHILDBIRTH SPECIALIST
WEIGHT CONTROL SPECIALIST
SMOKING CESSATION SPECIALIST
EMERGENCY HYPNOSIS INSTRUCTOR
CERTIFIED NATIONAL GUILD OF HYPNOTISTS
CERTIFIED AMERICAN BOARD OF HYPNOTHERAPY
CERTIFIED INTERNATIONAL HYPNOSIS FEDERATION

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Look no further! This CD set will teach you how to MANAGE YOUR WEIGHT! Using very powerful techniques, you will be able to control and direct suggestions into your subconscious mind. And what the subconscious mind believes, tends to be realized or materialized.

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