

## **Hypnosis for weight loss is a dynamic tool for eliminating obstacles and maximizing your exercise/workout results.**

**It's a fact: sheer will power is difficult to sustain, often resulting in weight loss failure.** But with hypnosis, it's no longer a matter of will power, because your unconscious mind will automatically prefer healthier foods and smaller portions.

Hypnosis helps you disconnect your cravings and desires for junk foods and fattening foods, such as chocolate, salty fried foods and high carbohydrate, nutritionally empty foods.

With hypnosis, your motivation to stick to your exercise program and weight loss goals is easier because you see results, and because your unconscious mind is supporting your success.

Hypnosis can dynamically accelerate your natural metabolism, helping you to burn more calories, resulting in greater weight loss than exercise alone.



***Most importantly, hypnosis can support you in thinking about yourself and your life in positive new ways.***

## **What Is Hypnosis?**

Hypnosis is simply concentrated attention and relaxation in an altered state of awareness. All hypnosis is really **self-hypnosis**. Your hypnotherapist acts only as your guide. In hypnosis, you allow yourself to relax as much as **you** choose. It is simply learning how to completely relax using your imagination and creativity. You already go through at least light stages of hypnosis daily. The only difference here is that while in that relaxed state, your subconscious mind opens to receive positive suggestions for beneficial life changes. Positive suggestions, which are made directly to your subconscious mind, go directly in and are readily accepted, resulting in automatic healthy new behaviors.

## **Is It Safe?**

Yes, hypnosis is **safe** and **effective**. It is an enjoyable and rapid method to bring about positive changes in your life. You are always in control when in a hypnotic state. No one can alter your morals or ethics or induce you to reveal anything you would rather not disclose. You will come out of hypnosis easily. You are **never unconscious** or out of control during hypnosis.

“Hypnosis, in some form or another, has been used for more than 200 years. It began gaining credibility as a medical tool in the early decades of the 20th century as psychiatry and psychoanalysis began to show how the unconscious mind often rules daily life.”

**Altered States: Hypnosis Goes Mainstream**  
Journalist Michael Waldholz  
*The Wall Street Journal*, October 7, 2003

## **Testimonials**

### **(Lost 18 lbs in 9 weeks)**

The scale said 127 this morning! Almost there. I really feel like listening to the tape has made all the difference. Will power-wise I'm eating less and working out more, and I know my body is doing some of this on its own because of the messages in the tape. Off to Cancun for my 40th b-day, and I've never felt better!

Thanks Deborah,  
**Kate**

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### **(Lost 70 lbs)**

I've lost 70 lbs! I've tried every diet under the sun and nothing worked! I heard about hypnosis and decided to try it. Deborah Lindemann helped me open up all the answers that were always inside of me.

For the first time in my life I felt I was eating correctly and exercising because I am worth it! I like being in control. I've never felt deprived so the weight came off automatically. I was heavy my whole life. I feel hypnosis saved my life!

**Sincerely, Sue M.**

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### **(Lost 11 lbs. in 16 days)**

I have listened to my tape for 8 consecutive mornings, developing those good habits. Went for a long bike ride last Thursday and took strenuous hikes Sunday and yesterday. I have **lost 11 lbs. since our first visit 16 days** ago. I was ready for changes in my life and you are an excellent catalyst for those changes.

**Chip in Loveland, CO**

## The Ultimate Diet Challenge!

In April 2003, “**Dateline**” television began following a study tracking weight loss results with six adults to determine which program yielded the best results. Those programs were: Weight Watchers, Slim Fast, Atkins Diet, Extreme Exercise, the Jorge Cruise weight-loss program and hypnosis. Guess what? **Hypnosis came out on top with the most weight lost!**



**Deborah Lindemann** is a board-certified clinical hypnotherapist in private practice for over 18 years. She is trained in a wide variety of therapeutic modalities including Time Line Therapy, Behavior Modification, Smoking

Cessation, Past Life Therapy and Pain/Stress Management. She has authored many articles on the benefits of hypnosis and is well known on the lecture and workshop circuit. Deborah is a graduate of L. & P. School of Professional Hypnotherapy in Garden Grove, California, a state-accredited school in secondary education.

**For More Information Call:  
(970) 494-1185 – Fort Collins, CO**



**In as little as 2 or 3 sessions you can accelerate your weight loss and develop new, natural healthy habits for life. Personalized hypnotic CDs available for daily reinforcement.**

## Other Hypnotherapy Services

- **Stop Smoking**
- **Accelerate Healing / Physical Health**
- **Release Stress, Anxiety & Phobias**
- **Creating Positive Relationships**
- **Self-Confidence / Motivation**
- **Attracting Success / Goal Setting**
- **Eliminate Test Anxiety**
- **Sleep Better**
- **Eliminate Negative Emotions & Limiting Beliefs**
- **Improve Your Memory / Accelerate Learning**
- **Learn Self-Hypnosis**
- **Accelerate Sports Performance**
- **Past Life Regression & Personal Spiritual Exploration**

**Deborah Lindemann C.H.T.**  
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## *Accelerate Your Weight Loss With Hypnosis*



### Take This Short Quiz

1. **Do You Want To Eat Healthier, But Have No Will-Power?**
2. **Do You Want To Exercise Regularly, But Lack Motivation?**
3. **Do You Crave Certain Foods & Find It Difficult To Refuse Them?**
4. **Do You Get Close To Your Ideal Weight & Then Sabotage Yourself?**
5. **Is Your Metabolism Sluggish?**
6. **Do You Think Of Yourself As A Fat Person?**

**If you answered Yes to any of the above questions, here's your solution...**