

~ ADVERTISEMENT ~

“MY ASTONISHING TRUE STORY ...”

“How I Lost 64 Lbs. and Gained My Self-Confidence!”

My name is Tania Olsson. I am a single mother. My son, Chaz, is eight years old. I am a customer service representative. I dropped 64 lbs. of fat in 11 short months. My story is so remarkable. I would like to share it with you.

By Tania Olsson

My cheeks burned with embarrassment as I stared at the television screen. We were watching a recent family video. “I’m huge!” I gasped.

I had always been tall and trim in high school. I was on the swim team and volleyball team. I was shocked and appalled to realize how fat I had become.

My folks never allowed junk food in the house. When I got old enough to make my own food choices, I went hog wild. Chips, ice cream and soda pop were my routine. When I was pregnant I started eating for two. After Chaz was born I cooked for two and ate for four!

I used food as comfort. I told myself it was just baby fat. It would go away. But it didn’t go away. I was getting fatter every week.

With fat came anxiety and depression. My self-esteem was nil. I could see folks turning sideways to squeeze past me. I’d cringe inside.

My weight made me crazy. I refused to eat in public. I knew what people were thinking...*Look at what you’re eating...no wonder you’re so fat. Go ahead, honey, have another cheese-burger.*



“I was shocked when I saw my family video. How did I get so fat?”  
Tania Olsson before shedding 64 lbs.

I used to be so hard on fat people. Now I was fat, hurt and desperate.

**Dieting Nightmares**

I was always trying the next fad diet. I tried grueling exercise routines. It would never stick. When I didn’t feel the results, I’d get discouraged. The cravings were unbearable.

I lost 30 pounds twice with weight loss drugs. My weight shot back up so fast it made my head spin. The drugs set me on an emotional rollercoaster. I couldn’t bear the thought of a third go around. Nothing I do works, I told myself as I sat on the couch with a gallon of ice cream. What’s the use of trying?

**Ray of Sunshine**

One day a close friend encouraged me to try hypnosis. I was skeptical. “I’ve heard they get great results,” she said. I could only hope.

The free screening was like a ray of sunshine. My consultant was caring and concerned. The office is professional and comfortable. Their level of confidentiality was impressive. I held my breath for the sales pitch. It didn’t happen. They explained the program in detail. Left it for me to decide. The fee was much lower than I expected.

I signed up and lost 64 lbs. in 11 short months. I lost ten inches off my waist. My dress size plunged from a bulging 22 to sleek size 12.

**Whole New Me!**

Immediately after my first session my appetite diminished. I feel completely satisfied with small,

healthy portions. Next my food choices changed. When I was fat I would not touch raw vegetables. With hypnosis I have developed this strange attraction to carrots! They’re as appealing as potato chips used to be. I know I will never, ever gain the weight back. Now that I’m thin and happy with my body, I can’t think of a single reason to overeat.

**Hypnosis Delivers Benefits!**

I used to feel sluggish by 9:00 a.m. I was so depressed. Even my hair drooped.

Since hypnosis I look and feel young, alive and vibrant. My skin is glowing. My hair is thick and shiny.

I have tons of energy. I’m light on my feet.

My family and friends all want to know how I did it. They want to be like me. The other day a co-worker said, “I wish I could have even half your energy.” That was the best compliment of all.

When I was fat I smoked skinny cigarettes to make me feel thin. Quitting smoking was a side benefit I had not expected. I breathe better. Move better. Enjoy more activities.

I hated walking in and out of plus size stores. I would rush my shopping bags to the car. *Everybody knows you’re fat, but come on, that’s the big girl’s store.* Shopping for a size 12 is the most wonderful feeling in the world. I no longer worry about eating in public. When eyes are on me, I know they’re thinking, “Hey,

she’s got it together.”

Chaz is tickled to see my biceps. We recently went rock climbing. We enjoy rollerblading. There’s no way I could have done that before.

**Recommends**

I suffered when I was overweight. I lived in a state of overwhelming helplessness. I was out of control. It was frightening.

Hypnosis was the smartest investment of my life. My consultant took the time to listen to my fears. I never felt pressured. My success was their main concern.

I got more than I expected from my private hypnosis sessions. I feel wonderful about myself. If it wasn’t for hypnosis I wouldn’t be enjoying my slim, healthy body today.

Don’t think I’m a lone success story either. I meet other successful clients all the time.

My only regret is that I waited and suffered for months. You don’t have to suffer another second. Call (337-3700) right now to schedule your free hypnotic screening. I know your consultant will answer all your questions and put your fears to rest. If they don’t think hypnosis is right for you, they will tell you so.

You owe it to yourself to find out. CALL NOW.

“You can lose weight—because I did!”  
Tania Olsson  
After Hypnosis

**OUR EXCLUSIVE DOUBLE GUARANTEE**

**\*NO-RISK GUARANTEE\***  
If at your first program session you do not feel you attained hypnosis we will refund 100% of your money before you leave the building. No questions asked. You risk nothing.

**\*WE-STAY-WITH-IT GUARANTEE\***  
We evaluate your needs, then determine a fee. Once the fee is paid there are no additional charges, regardless of how many sessions you may need to attain your results. We stay with it until you are happy.

Don’t waste one more minute being overweight or destroying your health with nicotine. Your happiness is too important. Call us at Positive Changes. It won’t cost you one penny to find out more.

Call now for your  
**FREE**  
Hypnotic Screening

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