

# "Grandmother Reveals Secret to 105 Lb. Weight Loss Success"

Hi, I'm Patricia Carley. I live with my husband, Ken. I am a mother and grandmother. I work as a civil servant. Amazing as it seems, I lost 105 pounds of fat with hypnosis. My dress size plunged from a bulging 24 1/2 to a sleek size 8 in ten short months. It was easy and fun. This is my true story.

I came into the world at five pounds. I was overweight from there. One of the few baby pictures I have is when I was two years old sitting on a sidewalk. I was so plump I couldn't get up and walk. I went from an overweight infant to a fat child.

### Overweight Hurts

With a name like Pat, which rhymes with fat, I was the brunt of cruel jokes. I had no friends. Never developed self-esteem. Confidence was zero. I would gaze in the mirror, tears in my eyes, asking, "Why me? Why am I so fat? Why can't I be normal?"

I blamed heredity. I had a 300 pound aunt who had cinder blocks instead of a bed frame. My mother was over 300 pounds and confined to a wheelchair. I looked at my family and decided fat is my fate.

I had to sit at the dinner table for hours until every morsel on my plate was eaten. Starving kids in China and all. Later I became the family cook. I was the taste tester. I hated to see leftovers so I gobbled them up. Food became my friend. My comfort and support. I went from a fat teen to an obese young adult.

### The Diet Rollercoaster

I married at 18 to get out of the house. That's when I lost control. When I wasn't eating, I was thinking about eating. I craved.

I binged. I ate all day and into the night. I developed agonizing headaches. PMS was a nightmare. After 16 years my marriage ended bitterly.

I was 34 and single. I knew no one would want a fat mother of two. With a starvation diet and expensive therapy, I lost 100 pounds. I met and married Ken. I re-gained all my weight.

I was cheating Ken not being the slim woman he married. I knew Ken would never cheat on me. Still, the question haunted me, "Why would this terrific guy want me when he could have a younger, thinner, more desirable woman?"

I went on every crazy weight loss scheme. Tried the grapefruit, egg, special soup, all protein, all vegetable, only starch, high fiber and all fruit diets. Spent a fortune on tasteless prepackaged food. Went to support groups. Starved on protein shakes. I even guzzled down straight vinegar praying it would help me lose weight. The result was always the same. I would lose weight slowly then quickly gain it back plus more. I was ashamed and embarrassed. I had lost all hope.

### Desperation to Delight

In January of 1996 I took a business trip. The airplane seatbelt barely fit my enormous waist. I became anxious, stressed and depressed. The weight had to come off.



Pat Carley before 105 lb. Weight Loss



Left it for Ken and me to decide. I walked out that night with a signed guarantee and my heart full of hope.

### Instant Results

I was amazed by the change after my first session. My brain got the message to zap my appetite. Hypnosis gave me instant control over my eating habits. My cravings came to a dead-halt stop. Binges dissolved. My confidence and self-esteem soared. My fat melted off at an average 3.5 pounds a week.

### Easy as 1...2...3...

I was hypnotized Friday night. I was given the hypnotic suggestion I would be full and satisfied eating less food. The next night we were having dinner at Olive Garden. My hand pushed my plate away. I couldn't believe it. I ate half my meal and couldn't force down another bite. It was automatic. Like I had been doing it all my life. I asked for a doggy b a g

for the first time in 45 years.

### Pounds Melt Away While Vacationing!

I have taken several trips since starting my hypnosis program. I've been to Chicago, San Diego and Milwaukee, all noted for fabulous food. I not only didn't gain weight, but actually lost weight every trip. I savored local cuisine with zeal. Never felt deprived. Best of all I had to adjust the airplane seatbelt smaller and smaller!

### Benefits Galore

I received so many benefits from

hypnosis I could write a book. No more headaches, cravings, binges, bloating or weight gain. I'm more confident at work. I feel alive, vibrant, active and energetic. I'm in tune with my feelings. I have never felt better emotionally, mentally and physically.

My husband is ecstatic. Now he can wrap his arms around me! There is nothing between us. We're like young lovers. Our passion grows stronger every day.

### SKEPTICS READ THIS!

I realize you may be skeptical. I understand. I'm a skeptic too. I failed miserably at every diet I ever tried. I had no hope of ever being thin.

After I had results with my hypnosis program, I was invited to do a video interview. I told my story in my own words. The feature you are now reading was taken directly from that interview. Every statement you are reading is not only true but has been documented and notarized. When you attend your free screening you will see my video interview along with those of a lot of other satisfied hypnosis clients.

### Call Now

Don't let your misconceptions about hypnosis stand in the way of your happiness. Losing my weight with hypnosis is the best experience I ever had. It worked for me. I know it can work for you. Don't wait another second. Call now to schedule your free screening. It won't cost you one penny to find out if hypnosis is for you. I guarantee you'll get no high pressure sales talk here. Just low rates, excellent service and a program that works.

Don't think my results are an isolated case either. Read what other successful clients have to say about their results with hypnosis. You be the judge.

## PROOF POSITIVE... OUR PROGRAMS WORK!

### No More Yo-Yo!

"I, Jodelle Munroe, have lost 32 lbs. in 2 1/2 months. I had tried every diet known to man. I was on the yo-yo syndrome for years. I knew from the free screening that hypnosis was for me. The staff genuinely cares about your success. It is a positive change. The only word I would add is permanent. For the first time in my life, I can honestly say I have made life-long changes. It is easy and natural. I thank my dear friend for introducing hypnosis to me. It has changed my life in so many ways."

Jodelle Munroe, Homemaker/Waitress

### Cravings Vanish!

"Hi, I'm Allen Hollingsworth. I am in Law Enforcement. I lost 15 lbs. in only three weeks thanks to hypnosis. I am averaging 5 lbs. a week. I was overweight ever since I can remember. Nothing could keep my weight off. With hypnosis, my eating habits have changed. The weight loss thus far has been easy. The change in my habits was immediate. When I was overweight I felt out of control. With hypnosis I have no cravings. I no longer eat for emotional reasons. I have also noticed a reduction in my stress level. I recommend hypnosis for anyone. The cost is much less than most diets and it is worth every penny. I believe my weight loss will be permanent because it is a mental

change. Hypnosis is what I've been looking for."

Allen Hollingsworth, Law Enforcement

### "Bartender Kicks Smoking Habit!"

I was amazed the first time I was hypnotized. I thought it hadn't worked because I didn't go to sleep. Imagine my surprise when I got in my car and didn't want to light up. Being a bartender, I am constantly around smokers. I still do not think of having a cigarette. Smoking completely slips my mind, even in stressful situations. Hypnosis even helped decrease my appetite. It improved my self-confidence. I've been giving my customers and friends the number

so they can also kick this dreadful habit and be happier people.

Mariette Landry, Bartender

### Instant Weight Loss Results

My name is George McCullough. My friends call me "Bud." I live with my wife, Arlene. I had been overweight for more than 20 years. Arlene and I came to hypnosis to take our weight off and keep it off. After seeing our friend, Marge Garst, take off 71 lbs., we were positive hypnosis was going to work. I lost 4 pounds the first week, 12 pounds the first month, 25 pounds in less than 10 weeks! That's four notches in my belt! Arlene lost 27 pounds in 10 weeks. We are extremely satisfied with our results.

I know hypnosis works. We have six friends coming and they are all getting results like Arlene and me. I highly recommend hypnosis to anyone who wants to lose weight and get a new lease on life. Hypnosis is the only way to go!

Bud McCullough, Letter Carrier, USPS

### Motivation Galore

"In less than one month I lost 10 lbs. Hypnosis gave me the motivation to do it! With hypnosis I feel satisfied."

Kathy Rolaf, Realtor



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IMPORTANT: Our programs will be tailored to meet your individual needs. Therefore, we cannot make fee assessments over the telephone. Results may vary from individual to individual.



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