

Quick & Easy Weight Loss

By Lyndall Briggs & Gary Green



This kit includes a simple,
proven & effective CD + **GUIDEBOOK**.
Expect to achieve/maintain your ideal body shape & size!



FREE Sample

To succeed you need the Quick & Easy Weight Loss Cd which has been proven effective through scientific research, with benefits almost guaranteed immediately! It also comes with the complete version of the 25 page Quick & Easy Weight Loss Biblio-therapeutic Guidebook.

ABOUT THE AUTHORS / NARRATORS

Lyndall is the President of the Australian Society of Clinical Hypnotherapists (RMASCH/Supervisor), Fellow/Supervisor and Board Member with the Australian Counselling Association (FACA), Clinical Member/Supervisor and Board Member of the ABNLP (Australian Board of Neuro Linguistic Programming), Full Member of the Australian Association for Psychological Type Inc (AusAPT), Master Practitioner of NLP with a strong background in Emotional Freedom Technique (EFT) and Nutrition through the International Academy of Nutrition (IAN).

Gary's a Peak Performance Coach, 6th Dan Taekwondo Master (MAIA) & international speaker with formal qualifications in Performance Psychology (ACAP), Technical Analysis (ATAA), Clinical Hypnotherapy (NSWSHS), Coaching (ASC), Workplace Training/Assessment (ISA) & a University Masters Degree in Counselling (Psych. UWS). He's also a long term member of the NSW Justices' Association (NSWJA), Theosophical Society (TS), Mensa & fully accredited Clinical Member/Supervisor with the Australian Counselling Association (CMACA). For a complete list of their qualification, please visit the SelfDevelopment.biz website.



QUICK & EASY WEIGHT LOSS

Have you ever been on a diet or ever wondered why most diets don't work in the long run? There are 4 core reasons why people don't get long-term results when they attempt weight loss.

To start with, you need to understand **emotional eating**. Food is an effective remedy to shut down uncomfortable feelings. We do it all the time. For example, you have an argument at work, then feel angry, annoyed or sad & what do you do? You have a biscuit, coffee or tea! The kids are driving you CrAZY, so you eat or drink something to improve the way you feel. Why do we want to eat, often specific foods, at these times? Because since birth, we've been given food as a pacifier. As such, human beings have developed four very strong, consistent & predictable neurological pathways in the brain that goes like this: THOUGHTS lead to FEELINGS which lead to BEHAVIOURS which lead onto RESULTS. And before the THOUGHTS, usually comes some type of situation or event that triggers these thoughts.

Quick & Easy Weight Loss[©]

The reason so many fail to lose weight & keep it off is that they focus on the behaviour, rather than on changing their thoughts about a situation or themselves. When you decide to lose weight, that's all well & good. However, if you keep having 'weighty' thoughts (negative thoughts) leading you to negative feelings, leading to destructive behaviours, it will be a constant struggle.

Instead of putting yourself through such torment, work on changing your thoughts. You can create a new, stronger pathway with thoughts that lead you in the direction you want to go. The bottom line is, if you want to lose weight & keep it off, concentrate your efforts on changing destructive thoughts, to thoughts that lead to positive feelings, positive behaviours & positive results! Think about what you can control in your life. Not much, you might say. But you CAN control your thoughts. Start by listening to your CD on a regular basis. It will help you change your patterns of thinking to much more positive ones, which then makes implementing some of our tips for losing weight, that much easier.



TIPS FOR QUICK & EASY WEIGHT LOSS

Enjoy & look forward to your food - Dorothy Hall, one of Australia's leading Nutritionists once said, "You're better off eating takeaway with a bunch of happy people, than eating nutritional food in a bad emotional environment." Your food is digested much better if you're free from stress & relaxed. Also, remember Pavlov's dog & the bell? By looking forward to your food, you actually get digestive juices flowing. So try to eat when you're hungry, not just when your old patterns of conditioning dictate. If you eat when you're hungry & stop when you're content, you'll have plenty of energy. Remember, having smaller but frequent (at least 5) regular meals can prevent you from getting ravenously hungry & overeating. And, if you're not hungry in the morning, you've probably eaten too much or too late the night before.

Eat slowly - One of the most important "tips" we can give you is to eat **s l o w l y**, really chew your

food. Plus, put your knife & fork down in between mouthfuls. Be aware of each mouthful; don't just gobble it down on the run. If your mind is on your food, you'll digest your food much better & feel satisfied much quicker.

Dine at the dinner table - If you eat in front of the TV, then every time you nestle in with the remote control, it's a cue to eat. Instead, designate an eating spot for all meals & snacks. Never stand eating at the counter or while walking or driving. Take some time to dress your plate, making your food attractive to your eyes & nose as well as your mouth.

Do it for yourself - Your doctor may have been telling you for years that, "you need to lose some weight." You've got to want . . .

End of Free Sample

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