

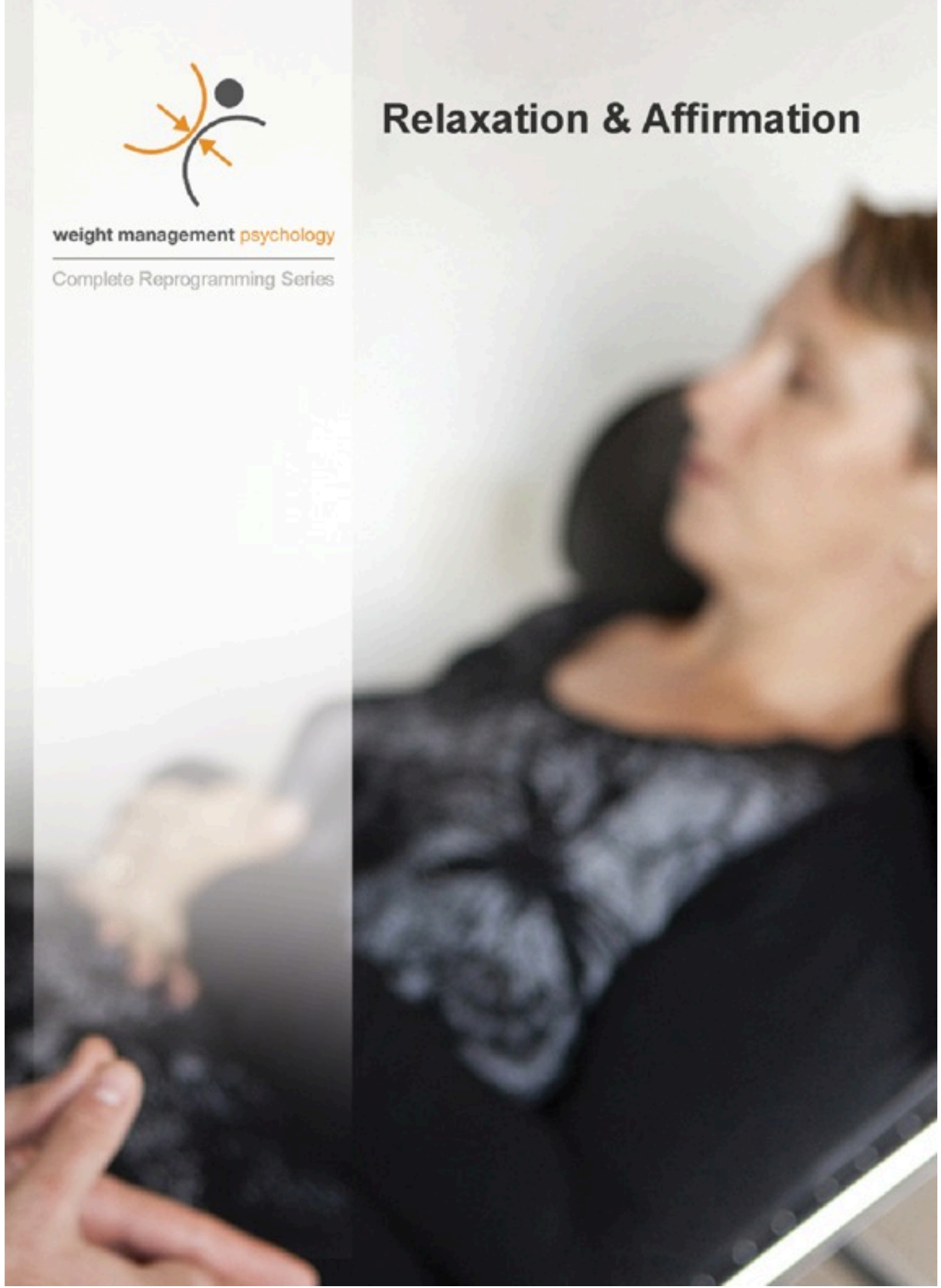


weight management **psychology**

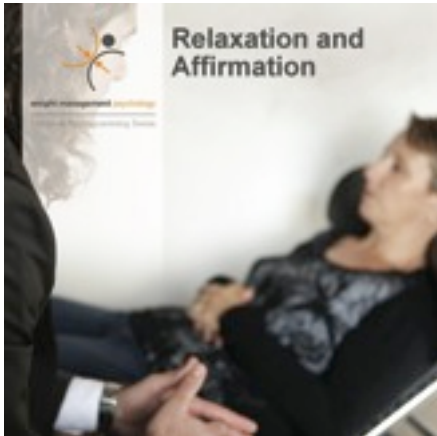
Complete Reprogramming Series

Relaxation & Affirmation

U.S. & CANADA
SERVICES



Relaxation and Affirmation



Combining cutting-edge weight management research, expert clinical experience from his specialist practice, and pioneering state-of-the-art hypnotic techniques, Glenn Mackintosh brings you Relaxation and Affirmation.

Relaxation and Affirmation was designed for mental reprogramming as you relax or sleep! It is perfect for people looking to relax, sleep well, learn how to transcend emotional eating, and recondition their mind to successfully manage their weight at the same time. Using a groundbreaking tailoring method, you undertake the transformation in a way that suits your aims and preferences for listening. Each session also begins with a different relaxation to help guide you into a powerfully therapeutic trance-state, as well as teach you a simple method of relaxing. When you relax and sleep well you manage your weight more successfully due to emotional and physiological changes, and now you can reprogram your mind at the same time.

Session 1 – Mindfulness

This session helps you transcend emotional eating through understanding your emotional eating, and reprograms you into being mindful and aware of your eating, drinking, and physical activity choices.

Session 2 – Motivation

This session helps you transcend emotional eating through restful relaxations, and reprograms you into feeling motivated and empowered to make healthy eating, drinking, and physical activity choices.

Session 3 – Perspective

This session helps you transcend emotional eating through active relaxations and a highly effective mental strategy, and reprograms you into a positive perspective on eating, drinking, physical activity, and managing your weight.

Session 4 – Balance

This session helps you transcend emotional eating through connecting with nature and a second highly effective mental strategy, and reprograms you into aiming for balanced and sustainable eating, drinking, and physical activity.

Session 5 – Patience

This session helps you transcend emotional eating through “calorie conscious consuming” and a third highly effective mental strategy, and reprograms you into becoming patient and relaxed about releasing weight.

Session 6 – Persistence

This session helps transcend emotional eating through powerful emotional acceptance principals and strategies, and reprograms you into being more persistent and self-compassionate when experiencing setbacks.

Session 7 – Confidence

This session allows you to practice your ability to relax, reflect on transcending emotional eating, and reprograms you into feeling confident about reaching and maintaining your ideal weight.



To Download Relaxation & Affirmation

<http://store.payloadz.com/details/1805804-audio-books-health-and-well-being-relaxation-affirmation.html>

WATCH NOW https://www.youtube.com/watch?v=0_Olqla1aI0

Relaxation & Affirmation INSTRUCTIONS:

You can listen to your session during the day or evening to relax, or at night as you go to sleep. If listening during the day or evening, find somewhere quiet and relaxing to listen to the session for a traditional hypnotic effect that will leave you feeling relaxed and ready to realize the benefits of the session when it finishes. If listening at night time, go to bed and listen to the session for a sleep-hypnotic effect that will leave you feeling refreshed from a quality sleep and ready to realize the benefits of the session the following morning! Sessions may be played using a CD or DVD player, computer, or transferred to a music file player (e.g., Mp3). **Do not** use any session while doing physical activity, driving, or operating heavy machinery.

Each session is divided into two tracks.

Section 1: Relaxation

Contains a relaxation, and psychological education on transcending emotional eating.

Section 2: Affirmation

Contains affirmations and hypnotic suggestions on improving your mindset for weight management.

The most common way to use the session is to listen to both sections of each session. This gives the complete experience, and can be done during the day or evening as a relaxation or at night as a sleep-aid.

Each section can also be listened to independently during the day or evening (but not at night). You can listen to the Relaxation session by itself as a short alternative to emotional eating, and the Affirmation session by itself if you find you are inadvertently falling asleep during the day or evening when the Affirmation section is preceded by the Relaxation section.

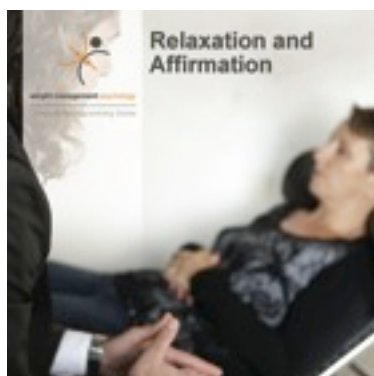
See the below table for a simple summary.

	Relaxation & Affirmation	Relaxation	Affirmation
During the day or evening	Yes (complete experience)	Yes (a short alternative to emotional eating)	Yes (to avoid inadvertently falling asleep)
At night as you go to sleep	Yes (complete experience)	No (less effective)	No (less effective)

As an initial course, we recommend you listen to one session a day for seven weeks. You may like to listen one session for a week before moving to the next session, or cycle through all sessions each week, depending on your preference. Noticing the effect on your thoughts, feelings, and behaviors, you will learn which way of listening is more beneficial for you, and can adjust your usage.



Combining cutting-edge weight management research, pioneering state-of-the-art hypnotic techniques, and expert clinical experience from his specialist practice, Glenn Mackintosh brings you the Complete Reprogramming Series. Consisting of three separate resources; *Relaxation and Affirmation*, *Walking Companion* and *Weight Off Your Mind* together form a complete package for reprogramming your mind for more successful weight management.



To learn more about The Complete Reprogramming Series visit www.weightmanagementpsychology.com.au