



# The 90-Day TRANCEformation Audio Program

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*Program Instructions, Progress Tracker,  
and TRANCEformations Journal*

# Welcome to *The 90-Day TRANCEformation Audio Program.*

I'm Glenn Mackintosh, your hypnotherapist, and I'm here to help you TRANCEform the way you **eat, move, and feel** in just 15 minutes a day!

This workbook accompanies your audio program, and includes the program instructions\*, as well as pages where you can track your progress and journal your journey of TRANCEformation.

The program has been especially designed to help you unlock your unconscious with the **power of hypnotherapy**, transcend self-sabotage and **make transformation easy**, and ultimately achieve **larger and longer lasting results** than you ever have before!

So, a big warm welcome to the program from me – thank you for having faith in me as your hypnotherapist, and I'm really looking forward to working with you to help you achieve the results that are right for **you as a unique individual**, using the TRANCEformational power of focused hypnotherapy ...

And **congratulations**, you've already taken the first step. You have *decided* to TRANCEform, and, in doing so, you have *already* begun the process of TRANCEformation ...

Now, I just need one more thing from you. I need you to **open your mind**. Relax into the resource\*\*. As your mind is unique, it will have it's own way of responding, so *any* experience you have is just fine. Just open your mind to what you already know you want, a healthier, happier, and hypnotically TRANCEformed you – *inside & out!*

Yours in TRANCEformation ;-)



Glenn

\*Please also listen to [this introductory audio track](#), where I introduce myself as your hypnotherapist and let you know everything you need to in order to make the absolute most out of the program!

\*\*And please don't worry if you hear any suggestions that you don't like, or that aren't right for you – your powerful, creative, unlimited unconscious mind will accept whatever suggestions are right for you, and protect you by letting any that aren't (or aren't right now!) slide on by ☺

# About Your Hypnotherapist



## Glenn Mackintosh

Psychologist, Hypnotherapist, & Author

Glenn is the creator of the Transformation Support Community online program, the founder of the Weight Management Psychology clinic, and the author of the bestselling book Thinsanity: 7 Steps To Transform Your Mindset & Say Goodbye To Dieting Forever.

As a psychologist who is super passionate about eating, physical activity, weight, body image, and general health and wellbeing, he believes your *mind* is the missing piece of the puzzle when it comes to transforming your health, and he's looking forward to helping you transform yours!

Glenn has also spent over 10,000 hours doing face-to-face hypnotherapy with clients and creating TRANCEformational hypnotherapy programs, learning how to help people just like you unlock their unconscious minds and make transformation easy with the power of hypnotherapy.

He has published academic research articles scientifically supporting the effectiveness of 'alternative' approaches for helping people with health concerns, and he is heavily involved in the training of Australia's health professionals, including psychologists, dietitians, and doctors.

Glenn has enjoyed creating this groundbreaking new audio program, which was carefully crafted over the course of years to bring you the best of his psychological knowledge, everything he has learned from decades of practicing hypnotherapy, and the latest in scientific advancements, to help you to TRANCEform the way you eat, move, and feel in *a way that is right for you!*

# Program Overview & Instructions

Here's everything you need to know about the program and how you can make the absolute most out of it 😊

## Program Fundamentals

The program goes for 90-days, or 12 weeks! It consists of a new audio track that you will listen to each week, for the duration of the 12-week period. The tracks are *only 15 minutes long* – which makes them nice and easy to listen to – and you can listen to them anytime, in the morning as you rise, in the evening as you fall asleep, or anywhere in between ... just relax, press play, and let the hypnotherapy do its thing!

It can be helpful to find a regular time and place to listen to help you build the habit, and if you miss a day or two, just get back to listening to your track for the week – this program is all about *progress*, not perfection!




It is important to listen *as close to daily* as you can, and to complete the whole 12 weeks of the program. Each week's track includes a specific pattern of words, tones, and music, designed to help you hear, learn, remember, absorb, and internalize the ideas, on many levels of consciousness. And you'll notice that the tracks build and grow on each other as they weave together over the course of the program, so please listen for the full 90 days!

You may find that you have made *all* the TRANCEformations you want to over the 12-weeks, and you're likely to surprise yourself with just how *easily* the TRANCEformations seem to come when you listen regularly, but if you'd like to *reinforce* your TRANCEformations you can continue to listen to the last track as a 'booster' whenever you'd like, after the program finishes!

## Listening Options

As I want you to listen to the program *in a way that is right for you*, you will find a variety of listening options for each weekly track – please choose whatever listening option you most prefer!

You may choose to listen to the:

-  **‘Uplifting music’**
-  **‘Reflective music’**, or
-  **‘Nature sounds’**

Option, or a combination of options, depending on how you feel at the time. Choosing a listening option is simply about what you prefer the sound of - it’s totally up to you!

You will also be able to listen to each of the listening options with or without the added power of binaural tones.

## Binaural Tones

If you listen to the ‘binaural tones’ options, you will notice the presence of interesting tones, called ‘binaural tones’ (or also called ‘binaural beats’). These are scientifically created sounds that affect your brain waves and greatly enhance your hypnotisability\*, allowing you to TRANCEform *more fully, more deeply*, and *more quickly* than ever before (and even allowing you to go into a hypnotic state if you haven’t been hypnotisable in the past!).

While you *may* find them a little uncomfortable at the beginning, you will likely get used to them, relax into them, and eventually even enjoy them! If you listen in the morning, they will help you feel energized, vibrant, and ready to take on the day; if you listen throughout the day, they will help you feel calm, energized, and alert; and if you listen in the evening, they will help you feel relaxed, peaceful, and ready to have a deep, refreshing sleep.

Due to their powerful hypnotic effect, we encourage you to try the binaural tones options. While most people will feel (or become!) comfortable with the tones, if you don’t like them you can simply listen to the options without the tones!

\*The binaural tones you will listen to in this program create theta brain waves, which are the hypnotic brain waves associated with deep relaxation and heightened suggestibility.

## Nondietering Suggestions

One thing you will notice about the program is that it is *completely free* from any potentially harmful dieting messages. A dieting mindset can create potential resistance to change and self-sabotage in the minds of some people, so this program is all about *feeling great about yourself, becoming a more intuitive eater, and finding joy in moving your body*, as you TRANCEform *from the inside out*. Research tells us that *both hypnotherapy and non-diet approaches* work better than traditional weight-focused approaches – and – to my knowledge, this is the *only* resource in the world that combines them both!

## Additional Instructions

- **Close your eyes while listening** (closing your eyes automatically activates deeper alpha brain waves that help you to relax).
- **Listen with headphones whenever you are listening to tracks that contain binaural tones** (the binaural tones create the hypnotic theta brain waves by giving you slightly different audio in each ear).
- **Don't fall asleep.** While you can listen to the audio tracks at any time – including just before bed – we don't want you to fall asleep *during* the session (while some people get benefits, the hypnotic effect is not guaranteed when you are asleep). If you find yourself inadvertently falling asleep during the audio tracks, try these tips to help you stay awake for the session:
  - Listen in a lighter room (instead of a dimly lit or dark room)
  - Listen outside (where ambient noise and sensations like wind and sun can help you to remain awake)
  - Sit up (instead of lying down)
  - Lie on something firmer (e.g., the carpet instead of a soft bed)
  - Listen at your most awake times (e.g., first thing in morning)

Now you know everything you need to know to be able to TRANCEform the way you *eat, move, and feel* (and possibly many *other* things that will surprise and amaze you!), please find on the following pages your weekly Progress Trackers and TRANCEformations Journal to accompany you on your journey of TRANCEformation ...

# Frequently Asked Questions

Click the link below to find the answers to your most Frequently Asked Questions and solutions to your most commonly experienced challenges – they will help you to navigate, troubleshoot, and transcend any barriers on your journey of TRANCEformation 😊

Explore FAQs

# ~ WEEK 1 ~

## Progress Tracker

To help you build the habit and stay motivated, please check off each day you listen to this week's audio track! Aim for as many days as possible, but if you miss any days, simply return to listening to the track for the week as soon as you can – this program is all about *progress*, not perfection!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## TRANCEformations Journal

Feel free to make ANY mental notes about your TRANCEformations this week. These could include any TRANCEformations that you notice happening (from subtle to *surprising!*), any mental shifts, feelings, or experiences that you noticed while listening to this week's track, or any ways that you can consciously cultivate, apply, and enhance your TRANCEformations between sessions.

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