

Hypnosis increases Cognitive-Behavioral Weight Loss Programs by an average of 97%

In a number of studies, ranging from two months to two years, results indicated that adding hypnosis to a cognitive weight loss program increased sustainable weight loss by an average of 97%.

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Why do people find it hard to lose weight and keep it off?

Weight loss is not just about the foods we eat, but it is also about self-image and confidence. By using hypnosis one's self-confidence and self-image can be brought into alignment with their desire for change. Without this adjustment, any weight loss will require a lot of effort and be short lived.

Our promise to you

As **Counsellors** and **Psychotherapists** who specialise in **Clinical Hypnotherapy**, we can offer a professional and personalised hypnosis weight loss program that enables you to achieve your goal in the shortest possible time.



What is included with the program?

Along with four face to face sessions, our **Weight Loss** program includes a package folder containing your personalised weight schedule along with two audio CDs, and a host of resources, you can use along the way. Everything is at your fingertips.

Perfect Weight is a full hypnotic and subliminal CD that reinforces the hypnotic parts of the treatment. It is used for added support, particularly in the first couple of months. It also acts as a resource to help you maintain your perfect weight and healthy lifestyle. Additionally, we have included a full version **Yoga Nidra** Relaxation CD to help you stay calm and relaxed during the process.

There is no need to rely on willpower or other artificial methods; we can quickly and efficiently install lasting changes in your subconscious mind that alter the way you think and feel about food.

Make an appointment today. Phone: **(02) 4380 0333** or mobile: **0422 330 575**.

Email, admin@atmans.com.au or visit our website: www.atmans.com.au