

Lose all the weight you wish and keep it off through the power of hypnosis.

Most diets will help you lose weight—as long as you have the mental focus, commitment, and motivation to stick with the plan. This is where hypnosis comes in. Research shows that hypnosis can greatly help you get into the right frame of mind for losing weight. The Weight Loss Mindset™ is the most balanced and comprehensive hypnosis program available today to help you consistently follow through with your weight loss plan.

Get Motivated and Committed to:

- Eat Less—Naturally
- Choose Healthier Foods
- Eliminate Junk Food
- Exercise More
- Enjoy the Weight Loss Process
- Avoid Risky Pills, Supplements, and Surgery
- Lose the Weight and Keep it Off!

"Dr. Gilchrist's voice is soft with a soothing cadence. He is extremely effective at helping the listener relax and focus. I found myself coming away... encouraged and motivated to make changes in my life."

Terry Martin
www.About.com

DISC ①
**Introduction
Eating Less
Eating Better**

DISC ②
**Controlling Emotional Eating
Enjoying Exercise**

DISC ③
**Living an Active Lifestyle
Getting the Perfect Body**

DISC ④
**Healthy Life Balance
Aversion to Junk Food and
Weight Gain**



About Dr. Gilchrist:

Dr. Randy A. Gilchrist is a licensed clinical psychologist in private practice in Roseville, CA with a specialty in hypnosis for weight loss. He has received numerous advanced hypnosis seminar trainings from world-renowned hypnosis expert Michael Yapko, Ph.D. Other hypnosis programs by Dr. Gilchrist include "The Non-Smoker's Edge" and "Managing Stress and Anxiety". He is also the author of "The Coping with Stress System", a comprehensive system for stress and anxiety management.

www.TheWeightLossMindset.com

Warning: Because of the hypnotic nature of these sessions, never listen while driving or engaging in any activity requiring complete attention.



©Copyright 2006 Randy A. Gilchrist, Psy.D. All Rights Reserved.

8 FULL-LENGTH HYPNOSIS SESSIONS

The Weight Loss Mindset™

LOSE THE WEIGHT
KEEP IT OFF

4
CDs



The Weight Loss MINDSET™

**LOSE THE WEIGHT
AND KEEP IT OFF**

**STICK WITH ANY DIET
OR EXERCISE PLAN**

**SLIM DOWN EASILY
AND NATURALLY**



by Randy A. Gilchrist, Psy.D.