

# WEIGHT LOSS

*Hypnosis & Motivation*

MoreLifeFreedom.com



Welcome and Congrats for  
Downloading...

I'm Kimberly Dawn, Certified  
Hypnotherapist. A gift from my  
heart to yours...

# THE WEIGHT LOSS HYPNOSIS GUIDE

*Secret Keys To Getting The  
Body You Want Without  
All The Pain*

What Are The Viable Key Secrets For Successful Weight Loss Hypnosis?

## **Quote From Harvard Health Regarding Weight Loss Hypnosis:**

*"Hypnotherapy is the use of hypnosis to treat any number of mental or physical health problems. Hypnosis turns your attention inward. Usually, you enter a trance-like state and, with the guidance of a hypnotherapist, you can start to control or alter your thoughts, feelings, and physical state. "A hypnotic trance empowers people to activate neural circuits that are otherwise hidden," Dr. Shapiro explains. "This circuitry can activate greater comfort for pain relief, greater mental focus for certain activities, and greater self-esteem."*

**Hypnosis - Proven Track Record For Weight Loss?**

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This pdf download serves as a detailed guide to applying hypnosis for weight loss, including:

- The reasons why weight loss is so challenging and why hypnosis for weight loss is a viable option.
- Scientific research studies proving the efficacy of hypnosis for weight loss.
- Hypnosis myths from reality.
- Let's talk about you. What's your weight loss goal? What do you really, really, really want and why do you want it?

## Common Weight Loss Frustrations You May Relate To

1. Sluggish results
2. Stressing about certain trouble spots on your body
3. Boredom with your eating or exercise routine
4. Missing your favorite foods
5. Crash or fad diets
6. Skipping meals
7. Cutting out carbohydrates
8. Starvation
9. Feeling too restricted
10. Not sustainable

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## **Many tough weight loss obstacles are psychological, such as:**

- Dependent on food to medicate painful emotions
- Compulsively eating to fill an inner void
- Brought up to perceive food as a reward
- Raised among overweight people
- Using body fat as a protective safety or emotional shield
- Utilizing weight to make you unattractive to the opposite sex
- Losing weight does not always make you happier, according to research

## **Some reasons for long-term obesity tend to be physiological:**

Your body wants to maintain your current weight as a set point

Insulin resistance that produces wild sugar cravings cause emotional eating

Side effects of many pharmaceutical medications can cause weight gain

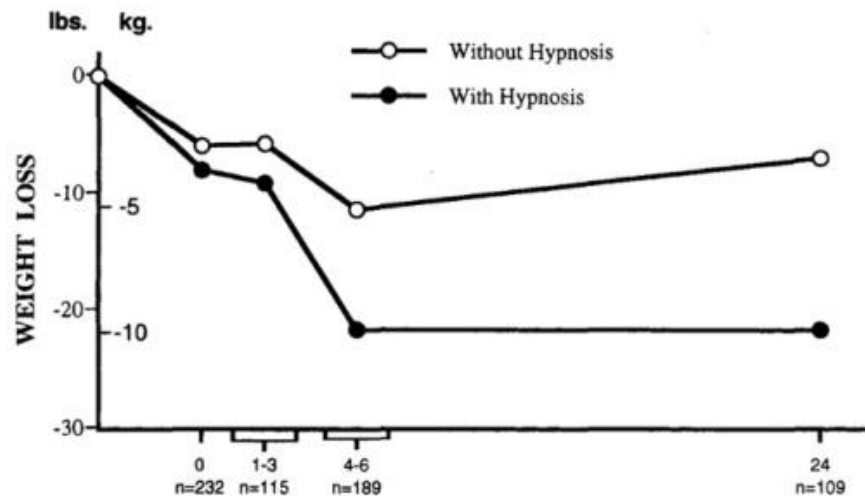
Thyroid, hormonal deficiencies, and imbalances contribute to overeating

For most, the combination of physical and psychological factors causes weight loss goals to be hard to reach, even though the short and long-term consequences are detrimental.

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## A Viable Alternative: Using Hypnosis for Weight Loss



The Journal of Consulting and Clinical Psychology

Even with long-standing weight loss challenges, hypnosis is scientifically proven effective for weight loss.

Early studies by The Journal Of Consulting and Clinical Psychology Study discovered that people who used hypnosis lost more than twice as much weight as those who dieted without hypnosis.

A meta-analysis by British researchers found hypnosis can help regulate the release of peptides that control how hungry and full you feel.

## How Can You Help Your Brain To Tell Your Body To Lose Weight?

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Hypnosis has also been scientifically proven to alter brain connectivity.

Yes, it can feel like your brain is not cooperating with your weight loss efforts. And that's probably true, which is why this next hypnosis study is relevant.

Another study [*Faymonville et al., Anesthesiology 92 (2000) 1257-1267*] assessed changes in cerebral functional connectivity related to the hypnotic state, compared to simple distraction and the resting state.

Measuring brain connectivity (related to pain perception) and proved the hypnotic state has dramatic effects. This evidence should provide hope that a regular hypnotic practice can bring about positive changes in brain chemistry and function.

This study was interesting in that it was building upon previous studies that have shown hypnosis decreases awareness of pain.

They took that knowledge and then, using PET scans, were able to reliably demonstrate that this was not because of a reduced connectivity in the brain, but an increased level of connectivity in the midcingulate cortex, some subcortical structures, and a vast neural network, all of which are involved in the regulation of pain.

## **Hypnosis Weight Loss Myths from Reality**

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## Here are some frequently asked questions from hypnosis patients:

- Can you make me forget what I did so I don't believe I'm lying about it?
- Is it possible to help my husband stop smoking by hypnotizing me?
- Will my extra weight fall off without my having to change my diet?
- I need to make six figures right away. Can you make that happen?
- I want to be able to pick the winning horse at the races more often, can you help me with that?

True inquiries.

The real benefit of hypnosis does not come from a magic spell that works in spite of you. When it works as it should, hypnosis makes it much easier to do what you need to - to lose weight.

Sticking to healthier eating, avoiding temptations, and feeling more motivated to move your body in ways that feel good to you, all become more natural and much more effortless.

With weight loss hypnosis, following through becomes much more natural because you're subconscious mind is succinctly helping your conscious mind achieve weight loss success with more ease.

It's still up to you.

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Hypnosis can be an outstanding weight loss tool in your wheelhouse; however, it's not a quick fix that requires no added effort at all.

The good news?

You'll naturally become more motivated to drop the extra pounds with each weight loss hypnosis session you listen to, which will make all the difference in the world as you move forward with more confidence.

## **Get Unstuck - Naturally Become Motivated Again With Weight Loss Hypnosis**

Hypnosis can also help you overcome the psychological – and sometimes physical obstacles to weight loss.

For example, in [Think Thin Weight Loss Hypnosis Sessions](#), you'll have a chance to experience the deep inner healing that occurs when you go into a professionally guided hypnotic trance with positive suggestions to follow that help you make the decisions you want to make in your life.

### **Bottom Line**

Hypnosis for weight loss is not a magic cure that requires nothing more. It does make your efforts easier and way more enjoyable as the weight

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comes off. Hypnosis helps weight loss become possible without all the pain and struggle that might have affected you in the past.

## **Let's Talk About YOU Now...**

Grab a cup of coffee, tea, or your favorite beverage.

What do you really, really, really want and why do you want it? Take out your journal or answer the following questions by typing them out in a document so you can unveil the deeper emotional reasons behind what you most want.

Allow your answers to be whatever your emotions and heart says is true for you because you are worth living your dreams to the fullest!

- 1. What motivated you to download this Free Weight Loss Guide?**
- 2. What worry, concern, obstacle or pain do you want help with the most?**
- 3. When would you like help with this?**
- 4. What triggers this worry, concern, obstacle or pain the most?**
- 5. On a scale of 1-10, when it's at its worst, how would you rate it, 10 being the worst?**
- 6. What negative patterns were created from this and how do they affect your life now?**
- 7. How does this affect other areas of your life negatively?**

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8. **How would this affect your life in 12 months if you continued on this path?**
9. **How are you currently trying to help this worry, concern, obstacle or pain?**
10. **On a scale of 1-10, 10 being the best, how well is the current method you are using to help this working?**
11. **What's not working about the method you're currently using to help this?**
12. **Where do you want to be in 12 months with your weight loss and what you envision for yourself?**
13. **What would that look like?**
14. **What is your motivation for losing the weight and living the life of your dreams?**
15. **How would things be different for you and your life if you lost the amount of weight you want to lose?**
16. **Would losing the weight have an impact on other areas of your life? (Describe in detail what your life would look at feel like).**
17. **What's stopping you from achieving this on your own? (Describe in detail anything that bubbles up to the surface, all answers are correct)!**
18. **Why not just stay where you're at?**

19. **Is not losing the weight affecting any other areas of your life?**
20. **When are you wanting to fix this?**
21. **Why now?**

## **Hypnosis for Weight Loss Is a Solution If You Know You Are Ready To Resolve Things**

You have several options. You can go the classic route by finding a local, walk-in practitioner. Use good judgment if you choose this particular path. Not every hypnotherapist is highly skilled or even ethical; it's like any other profession in that way.

Or you can enjoy a 7-day free trial for the [Think Thin Weight Loss Hypnosis Sessions](#) which have been professionally designed specifically for ease of weight loss by licensed hypnotherapist professionals.

All twelve of the Think Thin Weight Loss Hypnosis Sessions, are also professionally sound engineered to help with healing inner-conflicts and self-sabotage patterns related to weight loss.

If you're having a hard time sticking to your weight loss plan, you don't want to ignore the unconscious obstacles that hold back. In the end, listening to each session, you'll be surprised by how peaceful and motivated you feel.

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## Instructions As You Listen:

Let go of having to do it right, listen, and follow along with headphones or earbuds.

If your mind drifts, that is good. No worries.

If you'd like, afterward you can make notes on how you feel or any aha moments you had during your session.

Repeat the session of your choice seven nights in a row, preferably before going to sleep – you'll go a little deeper and integrate more each time.

You are invited to [get started today for free](#).

Cheers to your successful weight loss journey!

*Kimberly Dawn*

*& Your Weight Loss Success Support Team*

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PS If you are already a member [login to the member's area](#) and listen to the session of your choice before going to sleep tonight so you can achieve your weight loss goals more effortlessly.



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“I lost over 40 lbs by listening to the Think Thin Weight Loss Sessions every day. At first I didn’t feel they were working, but I kept listening before I went to sleep at night or when I needed to take a nap in the middle of the day.

**I’ve maintained my 40 lb weight loss for over a year now. Little by little I lost my desire to eat junk food or sugary foods like I used to crave.**

I also eat smaller portions now without the desire to overeat. The biggest obstacle for me used to be eating chips or other calorie rich food at night. I’m amazed that now I’m not even drawn to do that anymore.

I just eat a light healthy snack at night while watching TV. I feel fulfilled with my daily healthy eating habits.

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Injuries and hormones left me feel hopeless with losing the weight. I had lower back surgery when I was 37 and left knee pain from a jogging injury. Because of these injuries I didn't feel like I could exercise like I used to.

I also had hormone fluctuations as I entered my 40's that caused me to feel like I would never be able to lose the weight. But I listened to the weight loss hypnosis sessions anyway.

**Now my obsession for unhealthy food isn't really there anymore. It's almost unbelievable to me. For the first time in my life I'm keeping the weight off without the fear of gaining it back again.**

It's a huge relief to no longer be controlled by my old comfort foods, like Mexican food, cheese nachos with sour cream, or ice cream (which used to derail me)! I now only crave healthy replacements of the old comfort foods that make my body feel good without all the inflammatory pain I used to go through.

I'm so thankful to be at this point with my weight loss.

I have the energy to get things done each day and my body is no longer in pain.

**Kimberly Dawn”**

“If you've tried everything else on the market, you'll find this unbeatable.  
**Jess N.”**

“First of all, I want to thank you for creating a way for us to get help for ourselves and in a way that doesn't encourage embarrassment or comparisons to other people and with all of the media hype.

I am a born skeptic analytical engineer type and am not easily persuaded to take the word or promise of any quick weight loss revelations.

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Given long hours at work being sedentary at a desk and occasionally doing the weekend warrior thing, I ballooned from 169#s to nearly 230 pounds in a 5' 9" frame so yes I was really in a state of being badly and grossly overweight. I was a poster child for really bad eating habits with processed and junk foods.

Eating fast food on breaks and primary meals on the go plus not getting real nutritional sustenance my body needed. I am amazed how much processed sugar I was taking in and on the "healthy" thought, I was taking in a couple gallons a week of diet soda. Much better than sugar soda pop, right?

Yes I craved the sugars in a form that suited me since I am not a dessert or candy person. Instead those processed foods had tons of sugar in it and as long as it was invisible, I convinced myself that this was good and healthy.

I enjoyed eating high saturated fat fried and deep fat fried foods; again not those that were beneficial like mono fats and such. To me I needed a thorough reprogramming since I could not manage what I was eating on my own volition.

I had to rethink the function and process of eating and that it was something necessary for refueling the essential and efficient operation of my body and not about what I wanted to eat just because I saw a commercial or an ad for something that just looked good.

So this was the sorry state I was in and all of the weight loss audios helped me rethink the entire process of what the purpose of eating meant and treating my body to those nutrients that I had so long forgotten about.

My body was being tortured every day by the kind of intake happening and trying to metabolically stay afloat even though it was a losing battle to body aches, clouded thinking and headaches caused by terrible eating habits. I feel like I have a new lease and given this second chance to really live and experience new foods with a taste and flavor that was never experienced before.

I more easily manage what I eat and it is not a "diet" at all. It is a normal way of living and being respectful of my body and mind as the hypnosis

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sessions taught me how to do things through a proper perspective and respect for myself and even those around me.

I have always been aware that the mind is incredibly powerful and with the weight loss hypnosis audios, I used the suggestions and integrated them into my own good habits. If anyone wants to ask I am glad to answer since this was such a wonderful program.

I need some occasional tweaks so I will continue using the weight loss audios. I am grateful for the minor dollar expense to change from heading to a medical disaster to feeling more like, "An apple a day..." mentality.

Thank you again so much !

**Sincerely, Devon S."**



"Early this year, I realised that I was consuming a lot of junk food that kind of make me feel better. My inclination to food became a way to overcome the sorrow of my breakup. I ate almost everytime I used to feel guilty or bad about what happened. Starting early in the morning with bacon and fries to all sorts of drinks and carbohydrates, I end my day with a bucket full of ice cream. Within 4 months I gained about 20 pounds and started having physical and psychological issues. Then a

family friend suggested weight loss hypnosis sessions. Initially, I was skeptical about the session and thought it wasn't working at all, but gradually the sessions had a silent effect on me and this made me want to listen more. The voice and the calmness that it gave me, made me feel uplifted. There wasn't any burden left on my shoulders. I stopped taking refuge in food and turned towards the relaxing audios. Food no longer gave me that pleasure that it used to. I was taken over by the weight loss sessions that made me feel liberated and happy again.

**Jenna L."**

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“Stress has hugely contributed to my excessive weight gain. I have been exercising for quite a long time now but the results have not been as desired. Weight loss hypnosis is no less than a miracle for me. The weight loss audios have helped me de-stress and relax both physically and mentally. The background voice is soothing, and I love how it enables me to picture everything she says. I strongly believe that mind changes first and body later catches up

to instructions. It is working for me and is effective. So appreciative I found them!

**Mary S.”**

You are invited to [get started today for free](#).

PS If you are already a member [login to the member's area](#) and listen to the session of your choice before going to sleep tonight so you can achieve your weight loss goals more effortlessly.

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