

STOP SMOKING

with **HYPNOSIS**

110% Seminar Guarantee*

Regardless of your past experience trying to quit, no matter how long you've been smoking or how many packs a day you smoke, this program is designed so **you can stop smoking tonight with no anxiety, no irritability and no weight gain.**

Yes, that's right. You can stop smoking, not just cut down, but **stop smoking by seminar's end. 110% seminar guarantee*.**

You will experience two hypnotic sessions this evening to eliminate your desire and craving for cigarettes. **With Our Method of Clinical Hypnosis,** you enter a deep, relaxed state of hypnosis where you are awake, aware and **IN CONTROL.**

By tapping the power of your subconscious mind, **the hypnosis is designed to eliminate your craving for cigarettes in everyday life situations** - in the morning, at work, while driving, on the phone, in the presence of smokers.

Will it work for me? Whether you are a casual or long term smoker, the hypnosis is designed so **you will leave this seminar as a NON-SMOKER** with no anxiety, no irritability and no weight gain.

Elgin

Tuesday, June 1

7:00pm - 10:00pm

Holiday Inn Hotel & Suites

495 Airport Road

(I-90, exit Hwy 31 North)

Register at door 6:00 pm - 7:00 pm

Cash, Check, Visa/MC, AmEx

www.stop123.com

***Seminar Guarantee:** This program is designed so you will stop smoking, not just cut down, but stop smoking completely. That's why we can offer this 110% guarantee. Attend this seminar; if it isn't everything we say it is or if you are not completely satisfied, we will refund your entire seminar fee plus 10% at the seminar's end. Plus, if you ever think about smoking again, you may attend any Gorayeb Stop Smoking Seminar - **FOR FREE - FOR LIFE.**

ONLY

\$49⁹⁹

COMPLETE

**MAY BE TAX
DEDUCTIBLE**



Ronald B. Gorayeb
Hypnotherapist

"Over 500,000 people have attended our hypnosis seminars. It can work for you! Try it!"

Private clients have paid \$245 each to quit comfortably and corporations have paid thousands of dollars for us to help their employees quit smoking. You can benefit from our group seminar for **only \$49.99 complete.** Cash, checks, credit cards accepted.

Corporate on-site seminars & group discounts are available: **1-800-786-7123**

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BRING

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STOP SMOKING

Permanently in Just 2 1/2 Hours!

GUARANTEED

or 110% of your money back on the spot!

Regardless of how many times you have tried to quit smoking in the past. This program is designed to overcome all your failures in the past. **"You will stop smoking INSTANTLY by seminar's end - 110% guaranteed."** It has to be done at the subconscious level. You will be taught how to relax, how to lower stress, and how to control your weight after you stop smoking. We only sell Hypnosis - Not hundreds of dollars in pills. A lifetime membership card is included in the cost of this seminar. If you ever think about smoking again in the future, you can come back at no cost.

Sincerely, *James E. Womack*

All smokers can attend the Weight Loss Session Free, it's your choice!

- ◆ I can hypnotize anyone who is willing to cooperate and follow my instructions.
- ◆ Let Hypnosis do the work for you by attending my program.
- ◆ At least 95% of all my clients throw their tobacco products into the garbage can as they walk out the door at the end of each seminar.
- ◆ You will smoke your last cigarette while being hypnotized. This is very effective.

- ◆ You absolutely must put the proper information into your subconscious mind to receive the proper results. This is exactly what I am going to do for you.
- ◆ By using hypnosis and self-hypnosis, we will teach all smokers how to smoke an imaginary cigarette by tricking the subconscious mind as if it were a real cigarette. This method is very effective in becoming a permanent non-smoker. This eliminates withdrawal symptoms.



**A Brief History on
James E.
Womack
& Associates**

James E. Womack and his associates are leading experts on how to become a permanent nonsmoker without withdrawals or weight gain. They have hypnotized famous celebrities, entertainers and professional athletes and have many years of experience in the field of hypnosis.

The associates have been personally trained by James E. Womack, co-founder of the National Institute of Hypnosis. James has over 30 years of experience as a professional hypnotist.

The National Hypnosis Group
P.O. Box 9 • Charlestown, IN 47111
(812) 256-2024 • (812) 256-9444 • (812) 256-2246

\$40⁰⁰ Cash Only
\$50.00 Checks & Credit Cards

This includes a Lifetime Membership Card - You never have to pay again for reinforcement if necessary.

Registration is at the door only starting one hour before class time and will continue up until class time

CASH PERSONAL CHECKS    

**Save Thousands of Dollars and
Gain a Healthier Body in Return!**

Below is a chart illustrating the amount of money you could save if you smoke 2 packs a day. These figures are based upon cigarettes being just \$3.00 a pack with a 10% increase every year including state and federal taxes.

	Cost of Cigarettes:	You Save:
1 Month	\$180.00	\$135.00
1 Year	\$2,376.00	\$2,331.00
5 Years	\$17,820.00	\$17,775.00
10 Years	\$47,520.00	\$47,475.00
20 Years	\$136,560.00	\$136,515.00

LOSE WEIGHT

GUARANTEED

or 110% of your money back on the spot!

We feel that we have your best chance of losing weight and keeping it off than anything else on the market. Your subconscious mind controls all of your behaviors and eating habits. You absolutely must put the proper information into your subconscious to receive the proper results. A lifetime membership card is included in the cost of this seminar. We only sell hypnosis - not hundreds of dollars in pills!

For the Weight Loss Group: While being hypnotized, I will program your subconscious to eat less but feel satisfied, and to make better decisions in what you eat and drink. I will also program your subconscious to become motivated to exercise and to drink sufficient amounts of water. *The subconscious is your faithful servant. It will do exactly what you ask of it!*

For the Smoker Group: Bring all your cigarettes to class. You will smoke one cigarette while being Hypnotized. While being hypnotized, I will program your subconscious mind against the deadly carbon monoxide from cigarettes which causes cancer of all kinds. *All smokers can attend the weight loss class free. It's your choice.*

- The first hour, I will demonstrate how anyone can be hypnotized. I will also do some amazing demonstrations with hypnosis by taking volunteers out of the audience.
- The next 30 minutes is for anyone who wants to lose weight. If any smoker does not want to lose weight, you can take a 30 minute smoke break at this time. *Weight loss session is absolutely free for smokers.*

- If you choose to attend for weight loss only, you must register at the door before the seminar starts. The fee is only \$50.00 or \$40.00 if paying by cash only. You also receive a Lifetime Membership Card.
- The last 30 minutes is for smokers only. You will smoke your last cigarette while being hypnotized. This is very effective.
- Self-hypnosis will also be taught so you can eliminate cravings, withdrawal symptoms or weight gain.

**CHICAGO
Matteson**

AUG. 9

Saturday Morning
HOLIDAY INN
500 Holiday Plaza

**CHICAGO
Aurora**

AUG. 9

Saturday Afternoon
COMFORT SUITES
111 N. Broadway

**CHICAGO
St. Charles**

AUG. 10

Sunday Morning
HILTON GARDEN INN
4070 East Main Street

**CHICAGO
Glen Ellyn**

AUG. 10

Sunday Afternoon
HOLIDAY INN
1250 Roosevelt Road

**CHICAGO
Bolingbrook**

AUG. 11

Monday Night
HOLIDAY INN
205 Remington

**CHICAGO
Naperville**

AUG. 12

Tuesday Night
HOLIDAY INN
1801 N. Naper Road

"I FOUND A BETTER WAY TO LOSE WEIGHT... AND MELTED OFF 132 LBS.!"

My name is Jennifer Flora. I lost 132 pounds through the Positive Changes Hypnosis program! I have gone from an obese 24 to a sleek size 4. What freedom! If I can do it, anyone can! This is my story of lasting weight loss success. It is true and factual.

By: Jennifer Flora



Jennifer Flora
Before Hypnosis

I Had To Use a Scooter to Get Around

I gained my weight slowly...a few pounds a year...year after year... until I'd grown obese. When my doctor told me that my worsening joint condition would require a battery-powdered scooter to get around, I got depressed. So I ate.

Every time I looked in the mirror I got more depressed. So I ate even more. Soon I was caught in a vicious cycle of eating.

You name the diet, I tried it.

I would lose weight and gain back even more. Diets failed me because I couldn't live with the plans. Inevitably I would have to get off the plan and eat normally. The problem was; I would eat even more to make up for lost time! The feeling of failure was overwhelming.

There Must Be A Better Way to Lose Weight!

I learned about Positive Changes through an ad in the newspaper. It said that I could go in for a free, no-pressure hypnosis evaluation. I figured the worst that could happen was I'd just say no and walk out.

I liked the program. It made sense to me. The time was right and the fee was reasonable. Even my doctor agreed that Positive Changes was a sensible plan for me. The

pieces fit so I signed up.

Being hypnotized is pleasant and relaxing.

I never felt out of control of my body or my mind.

It's as though I've had a pleasant and relaxing nap. Yet I know from my results that the message came through to my subconscious.

The very next day the results appeared in my behavior. It all happened automatically. I melted off 132 lbs. in one short year!

I could not have done it without the help of Positive Changes.

No other program has ever come close.

Jennifer Flora
a trim size 4
after hypnosis

Now that I have lost my weight, I know I will never gain it back. My life has improved in more ways than I can count, and that's why I've recommended Positive Changes to so many people, many of whom have signed up and had great results. I've told them all—if I can do it, anyone can!

That's my story—the rest is up to you!

If it weren't for Positive Changes I would still be carrying around 132 pounds of pure misery. Don't let that happen to you. Do what I did. Pick up your telephone and call Positive Changes. Ask to schedule your free evaluation. It takes only 30 minutes and there truly is no pressure. If they don't think hypnosis is right for you, they will tell you so.

Positive Changes is not a fad or gimmick. It's a well-established plan run by people who know what they're doing. I am a very happy woman thanks to Positive Changes.

ADVERTISEMENT

ADVERTISEMENT

Lose 20, 30, 40 Pounds or More with Hypnosis

It's easy - even if you love eating

If you've ever tried to diet, you know what deprivation feels like. Yet millions of people start diets each year, hoping that this time will be different, and that they will finally, magically, lose weight for good.

Approximately \$33 billion a year is spent on diet and weight loss plans, yet there are more overweight Americans today than ever before.

The good news is, there are thousands of people who have turned their backs on dieting, stopping the insanity of a vicious lose-gain cycle.

Instead, they have followed the advice of an increasing number of health professionals who are advocating a completely different way to lose weight—one that is safe, effective and helps people change the way they think about food. This revolutionary, anti-diet approach that has already helped thousands of people lose weight successfully and permanently is hypnosis.

Finding the Key to Change

The subconscious mind often stores negative thoughts or behaviors that can trigger destructive habits. For overweight people, an inability to change these habits can result in a lifetime struggle with weight. The most effective way to overcome this obstacle is to reprogram the subconscious mind through hypnosis.

In an altered state like hypnosis it is easier to incorporate new habits, explains Cynthia J. Porter, Ph.D., executive director of Positive Changes Hypnosis Centers. "People know the right things to do, like drinking more water, or leaving food on their plate. They just don't know how to make these behaviors a habit. By using hypnosis to bypass the subconscious mind, we can help clients lay the foundation for new, healthy habits."

Porter says hypnosis is like being "hyper-aware or extremely focused" and is often referred to as "creative visualization."

"With hypnosis, we increase your ability to absorb suggestion," he notes. Ineffective, destructive behavior is replaced effortlessly by healthier behaviors and you start to lose weight and break free of unhealthy habits.

"We help clients think and eat like a slim person by reprogramming their subconscious mind," says Porter. "They lose weight and keep it off long term because they've changed their whole relationship with food, mentally as well as physically. Once they've successfully replaced their old habits with positive ones, they never have to think about dieting because their weight is no longer an issue."

Winning the Weight War

More and more people seeking a positive approach to long-term weight loss have sought out hypnosis with amazing and lasting results. "We have clients who've maintained their weight loss for

more than 15 years without even thinking about it," says Porter. "The key to having the kind of life you want is picking and choosing the kinds of habits that can help you live the life you want. Then, we help you make those habits automatic."

Hypnosis is becoming increasingly popular and some of the most well-respected hospitals have incorporated hypnosis into their treatments. And, because of its commitment to clients, Positive Changes continues to receive client referrals from doctors in hospitals and private practices, and has opened 74 franchised centers in the United States and Canada.

For more information, or to schedule a complimentary hypnosis screening and demonstration, call 1-877-POSITIVE.



"Our clients lose weight easily and keep it off because they change their whole relationship with food, mentally as well as physically."

Studies Prove Hypnosis Works

As evidenced by recent studies published in medical journals, hypnosis has been shown to be a successful tool for weight loss.

For example:

- In a study reported in the *Journal of Clinical Psychology*, subjects who completed a behavioral treatment program for weight management that included hypnosis lost significantly more weight than subjects whose treatment plan did not include hypnosis.

- A *Journal of Consulting and Clinical Psychology* reported on a study of 60 women who were at least 20% overweight. The women who participated in hypnosis lost an average of 17 pounds, while the control group lost only a half pound on average.

www.positivechanges.com



PositiveChanges
HYPNOSIS CENTERS

"Where Results Happen"

Call now for your
FREE Hypnotic Screening

1-877-POSITIVE

For A Center Near You

This Woman Found A Simple Weight-Loss Plan That Works!

Hi. My name is Meegan VanderBurgh. I was a pack-a-day smoker for 16 years and an overweight smoker for 8 long years. Thanks to Positive Changes Hypnosis, I lost 43 lbs. in 4 months and I'm smoke-free!

Headed Toward Obesity

I was overweight ever since I had my first child. I tried to lose weight through dieting and exercise. I would fall off the weight-loss wagon and go back to eating junk food before I could lose any weight. I felt out of control. I smoked at least a pack of cigarettes a day, often more. I tried every gimmick on the market to quit. Nothing worked. I was miserable. A friend told me about Positive Changes Hypnosis. At first, I thought it was silly. My friend convinced me to find out for myself. I had tried everything else. What did I have to lose? I signed up, quit smoking and melted off 43 lbs!

Positive Results

I decided to tackle my smoking habit first. I was still skeptical of hypnosis. Then, 9 hours after my first session, I realized I hadn't thought about cigarettes. Hypnosis made quitting painless. I was a nonsmoker after my first session. I lost 7 lbs. before I even started my weight-loss program. Once I started, I lost 3 lbs. my first week! Losing weight with hypnosis was far easier than counting calories or starving

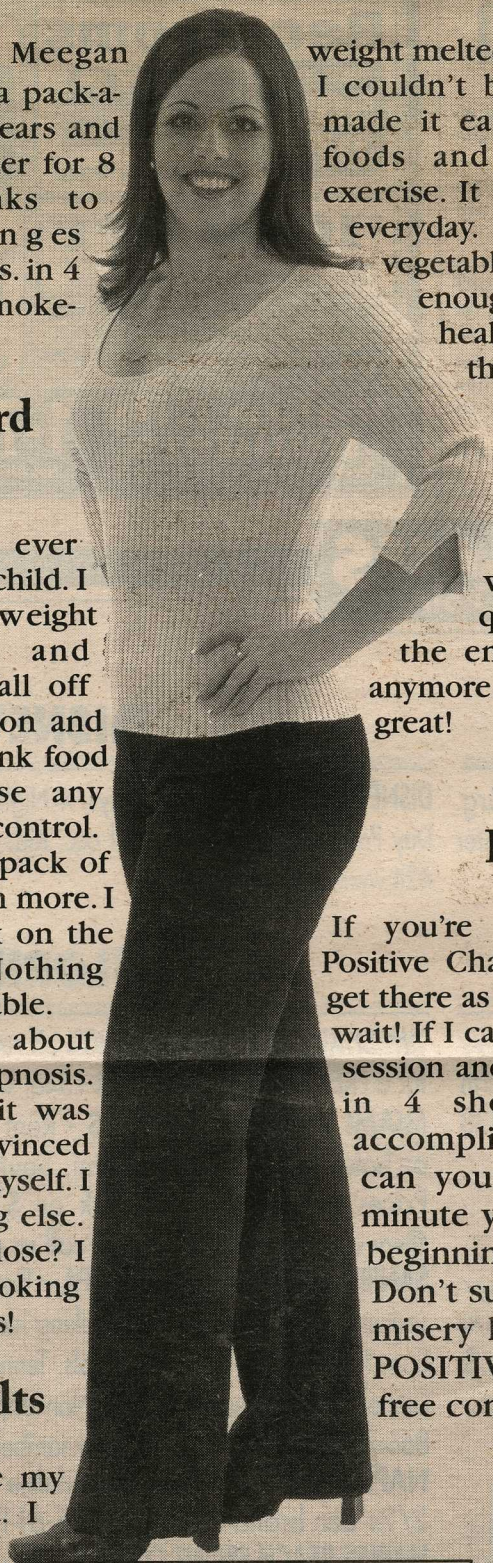
weight melted off.

I couldn't be happier! Hypnosis made it easy to choose healthy foods and motivated me to exercise. It gets easier and easier everyday. I used to hate vegetables. Now I can't get enough. I enjoy eating healthy foods much more than I ever enjoyed junk food. I eat less and enjoy the taste of food more. When I was overweight and smoking, exercise was out of the question. I didn't have the energy. I am not tired anymore. I am in shape and feel great!

"Your New Beginning"

If you're thinking of joining Positive Changes for any reason, get there as soon as you can. Don't wait! If I can stop smoking in one session and then melt off 43 lbs. in 4 short months, I can accomplish anything, and so can you! It is amazing. The minute you start is your new beginning!

Don't suffer through years of misery like I did. Call 1-877-POSITIVE to schedule your free consultation.



"It was POOF! Like fairy dust. The weight just melted off!"
-Meegan VanderBurgh



Meegan VanderBurgh
before 43-pound weight loss!

Call now for your

Naperville Woman Loses 40 Pounds Without Dieting!

My name is Henrietta Christenson and I live in Naperville, IL. I am employed at two jobs. I am an Executive Secretary during the day and in the evening I am employed at a physicians office. I would like to share with you how I lost 40 pounds without going on a 'diet'!



I came to Positive Changes and signed up for the weight loss program in March, after seeing the ad several times in the Naperville Sun. I was a little skeptical since I had never been hypnotized before, I had only seen stage hypnosis on TV, and didn't know what to expect. I was surprised at how positive and pleasant all the staff were to me when I visited. I didn't feel any pressure and that made me more comfortable.

"I Wanted to Make A Change!"

Previous to coming to Positive Changes Hypnosis, I was very compulsive with my eating habits. I felt very uncomfortable in my clothes. I was wearing a tight 16! I had gained 40 Lbs in less than 3 years. I was self conscious about my appearance and that made me nervous. I weighed more than I ever had before and I wanted to make a change. I had tried several diets before and was on and off with my weight for most of my life.

"Cravings Vanish!"

After my first visit I was amazed at how my desire for jellybeans had disappeared! I had a pocket full of jelly beans in my pocket, and an open bag of jelly beans in the car. I reached into my pocket, as old habit, and suddenly I was conscious of my behavior, and I said "I don't want these jelly beans!" I threw them away! On my way home I didn't have the craving for them!! I knew in my heart, after my first session, that this was going to work for me, then after the jelly bean incident, I was even more convinced!

Complements and Confidence!

I am excited to share that I have reached my ideal weight! I have lost 40 Lbs in 4½ months and am now wearing a size 10! This was my goal and I have accomplished what I set my mind out to do! I have lost 7 inches in my waist, 7 inches in my hips and 5 inches in my thighs! I desire vegetables and fruits more often than before. I have more confidence and am receiving compliments from family members and co-workers. I feel my mindset is different; I am more positive and have a better feeling inside that I have done something to make a change in my life.

Recommends!

I am pleased to recommend Positive Changes! You will be pleased with yourself. You have nothing to lose, but some pounds! Give it a try; you'll be happy you did!



Non-Smoker After 50 Years!

I had been a smoker for 50 years when I saw the advertisement in the paper. I decided to give Positive Changes Hypnosis a try. I used to smoke 2 packs of cigarettes a day! I had thought about hypnosis as an option to quit, so I made my decision to give Positive Changes a try and made my appointment.

I started the program on 7/20/02. When I had my second session, I stopped smoking! I have been a non-smoker ever since! Positive Changes Hypnosis has helped me to eliminate cigarette cravings and I am pleased with my results. It was easier than I ever thought possible! My confidence has improved and I am proud of myself for becoming a non-smoker. My health has improved as well. I am feeling better and I am breathing better! And, I think of all the money that I can now save for a vacation with my wife!

I would like to recommend Positive Changes Hypnosis. It will be to your benefit, take advantage of the opportunity now! It will make a great difference in your life, I know it has in mine!

This Woman Thinks She's Found The Ultimate Key To Weight Loss – Take 5 Minutes To See If You Agree

I used to believe that, at my age, I should give up trying to lose weight. Then I called Positive Changes Hypnosis and melted off 38 lbs. in only 5 months! I effortlessly went from a plump size 16 to a slender 10. I dropped an amazing 9 inches from my hips! I even have the energy to keep up with my grandchildren. Let me tell you how I did it...

Out of Control!

My name is Pam Payne. I am a retired court reporter. I was overweight for 10 years. Losing weight was my daily struggle.

I did the low-carb diet, took diet pills, and drank shakes. I did various exercise programs. I would lose a little weight but would always gain it back. I craved and felt deprived.

A Sign of Hope

I found out about Positive Changes from advertisement in the newspaper. I read the ads for weeks before I got up the nerve to call. I liked that the Positive Changes program would help me make the changes myself. At this point, I was ready for permanent weight loss. I called and scheduled my free screening.

Everything was explained and I never felt any sales pressure. The one-time fee was reasonable. I spent that much on diet cola alone! I signed up and melted off 38 lbs. in 5 short months!

Yes, It Works!

My weight loss was safe and easy! I noticed a change in my behavior at once. I also noticed a major personality change. I am relaxed and able to handle any situation with ease. Hypnosis eliminated my snacking, cravings and poor eating habits.

A New Life

I feel as if I have a new life. Losing weight made me confident

about my appearance, my attitude, and myself. I am able to handle stress and I am more comfortable in social situations. I am more assured about myself and how I look. My friends are envious of me, and my family comments on how great I look.

On my first shopping trip after losing weight, I brought a bunch of size 12s to the dressing room. They were too big! I had to go back for size 10s. I even love the way I look in a bathing suit. Not many women can say that!

An Easy Way To Improve Your Life

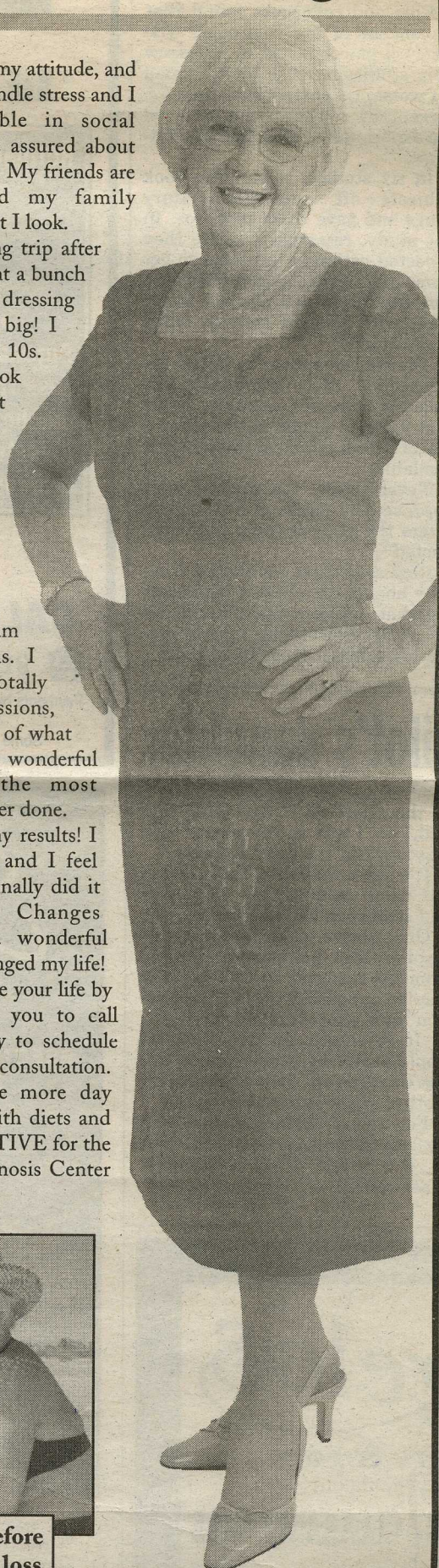
People ask me if I am asleep during hypnosis. I tell them no, I am totally relaxed during my sessions, but I am always aware of what is going on. It is a wonderful sensation! This is the most relaxing thing I have ever done.

I am ecstatic with my results! I have changed my life and I feel good about myself. I finally did it thanks to Positive Changes Hypnosis. This is a wonderful program and it has changed my life!

If you want to improve your life by losing weight, I urge you to call Positive Changes today to schedule your free weight-loss consultation. Don't waste even one more day struggling like I did with diets and pills. Call 1-877-POSITIVE for the Positive Changes Hypnosis Center near you.



**Pam Payne before
38 lb. weight loss**



Positive Changes Hypnosis Is More Than Just Weight Loss!

Able To Move Forward!

I was having some problems with my self-esteem and attitude about myself related to some incidents that were happening to me. I'd tried counseling and it was not productive. I wasn't getting beyond the problem. I have had a great deal of success with Positive Changes. I got a part of my "old self" back, which I felt I had lost. I am able to look at things differently now and move forward. One day at work I said that I was doing hypnosis. And everyone was asking "Oh really? Is that working for you?" And my boss chimed in with: "Haven't you noticed?!" I think the most important benefit I have received is the ability to laugh, the ability to smile and to actually feel happy, that was one thing I really missed.

— *Julia Hellen*
Wheaton, Illinois



My Company Is Flourishing!

I came to Positive Changes for help with my business. My company is flourishing. I've started another company on top of the one I'm already running and I've got a slew of orders coming in from that company. I'm a lot more organized and a lot more goal-oriented. It helped me get an overall picture of my life—emotionally, physically, spiritually—and achieve the goals I wanted to achieve. And I lost 15 pounds as well!

— *Kevin Hamilton*
Oak Park, Illinois



Terrific Job Offer!

I was laid off from my job and after several months of fruitless searching and rejections my confidence began to sink further. I actually began to dread interviews.

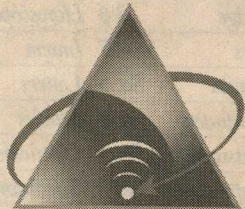
I came to Positive Changes and began to realize results immediately. My confidence level increased with each session. I began looking forward to my interviews. I was now able to project confidence. As a matter of fact, I felt more like I was interviewing them as well! After session 7 of 9, I received a terrific job offer giving me more responsibility and money than my previous job.

I'm glad I decided to take action and make an investment in myself and my future that has already paid for itself, both financially and emotionally. Positive Changes Hypnosis provided the tools and support I needed!

— *Dave Roberson*
Bolingbrook, Illinois



Ask About Our New Mind-Over-Cancer™ And Hypno-Delivery™ Programs



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Find out if hypnosis is right for you.

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For A Center Near You
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**WEIGHT LOSS • SMOKING • STRESS • PHOBIAS
SPORTS • LEARNING / EXAM PREP. • PAIN • SALES**

© Positive Changes™ / Testimonials do not necessarily reflect typical results. Results vary according to each individual.

What's Going to Happen to You if You Don't Lose Weight?

(Here's how hypnosis may solve all of your weight loss problems.)

According to the Surgeon General, approximately 300,000 deaths each year in the United States may be attributable to obesity. Overweight and obesity are associated with heart disease, certain types of cancer, type 2 diabetes, stroke, arthritis, breathing problems, and psychological disorders, such as depression. If your doctor has told you to lose weight, it is because your weight may be putting you at risk for serious health issues.

How Did You Gain Weight?

Overweight and obesity result from an imbalance involving too much food and too little physical activity. Research points out that behavioral and environmental factors are large contributors to the overweight epidemic in our country and provide the greatest opportunity for prevention and treatment. In other words, by changing your behaviors, you have the best chance of losing your weight.

Dieting Doesn't Work.

Approximately \$33 billion dollars a year is spent on diet and weight-loss plans, yet there are more overweight Americans than ever before.

What's Wrong With Dieting?

The inherent problem with dieting is the extreme focus on the foods that you are eating rather than on helping you change the way you think about food. Eating habits are deeply ingrained in our subconscious mind. Without changing these habits, dieters become frustrated and soon give up.

The reason so many people begin each week with a new diet and resort to diets time and again is that there were few other alternatives. Fortunately, that's no longer the case. Many health professionals, looking for a safe,



Your doctor knows that overweight and obesity are associated with heart disease, certain types of cancer, type 2 diabetes, stroke, arthritis, breathing problems, and psychological disorders, such as depression. A comprehensive behavioral change program featuring hypnosis can reduce or reverse many of these diseases. If dieting has failed to keep the weight off, take a closer look at what hypnosis can do for you.

effective, alternative to dieting have begun recommending a completely different approach to weight loss. This revolutionary, anti-diet approach that's already helped thousands of people lose weight successfully is hypnosis.

Finding the Key to Change

The subconscious mind often stores negative thoughts or behaviors that can trigger destructive habits. For overweight people, an inability to change these habits can result in a lifelong struggle with weight. The most effective way to overcome this obstacle is to reprogram the subconscious mind through hypnosis.

"In a relaxed state like hypnosis, it's easier to incorporate new habits," explains Dr. Patrick Porter, Clinical Director and Founder of Positive Changes Hypnosis. "People know the right things to do, like drinking more water, or leaving food on their plate. They just don't know how to make these behaviors a habit. By using hypnosis to bypass the conscious mind, we can help clients

lay the foundation for new, healthy, habits."

Think Like A Slim Person

"We help clients think and eat like a slim person by redirecting their subconscious mind," says Porter. "You lose weight and keep it off long-term because you change your whole relationship with food, mentally as well as physically. Once you've successfully replaced your old habits with positive ones, you never have to think about dieting, because your weight is no longer an issue."

Winning the Weight War

More and more people seeking a positive approach to long-term weight loss have sought out hypnosis with amazing results. Long term success is the reason doctors in hospitals and private practice refer their patients for hypnosis.

Research Proves Hypnosis Works

As evidenced by recent studies published in medical journals, hypnosis has

been shown to be a successful tool for weight loss.

For example:

Lost Significantly More

In a study reported in the Journal of Clinical Psychology, subjects who completed a behavioral treatment program for weight management that included hypnosis lost significantly more weight than subjects whose treatment plan did not include hypnosis.

Seventeen Times More Effective

A Journal of Consulting and Clinical Psychology reported on a study of 60 women who were at least 20% overweight. The women who participated in hypnosis lost an average of 17 pounds while the control group lost only a half-pound on average.

What's Hypnosis Really Like?

Dr. Porter says that hypnosis is like "being hyper-aware or extremely focused" and is often referred to as "creative

visualization."

"With hypnosis, we increase the ability to absorb suggestion," he says. Ineffective, destructive behavior is replaced effortlessly by healthier behavior and people start to lose weight, stop smoking or reduce stress - and finally see the resolution of life-long battles.

Despite the myths, hypnotherapy is becoming increasingly popular and some of the most respected hospitals have incorporated hypnosis into their treatments.

Are You Finally Ready to Lose Weight For Good?

If your doctor has told you to lose weight, you don't have a moment to lose. Before you start another diet, take a closer look at hypnosis. At Positive Changes Hypnosis Centers you are invited to attend a complimentary hypnosis screening and demonstration. You will learn all about hypnosis and how it can benefit you. If the Positive Changes' evaluator doesn't think hypnosis is right for you, she will tell you so. You owe it to yourself and your loved ones to find out. Call 877-POSITIVE now to reach the Positive Changes nearest you.

In a few short months you could be strolling back into your doctor's office with a smile. Your physician will commend you for your progress and will know that you have already reduced your risk for heart disease, diabetes, stroke and more. Above all, you'll feel terrific in your healthy new body.

"The easiest way to break habits is through hypnosis."
- Newsweek Magazine

"The country is turning to Hypnosis to Lose Weight!"
- Cosmopolitan Magazine

The IRS has ruled that Weight Loss Programs are now tax-deductible. Ask your financial advisor.

Our No-Risk Guarantee

Your success is our top priority. If at your first program session you are not satisfied for any reason, we will refund 100% of your money before you leave the building. No questions asked. You risk nothing.



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Testimonials may not reflect typical results/individual results may vary.

"MY ASTONISHING TRUE STORY... How I Lost 76 Lbs. Effortlessly!"

My name is Tania Olsson. I am a single mother. My son, Chaz, is eight years old. I am a customer service representative. I dropped 76 pounds of fat in 13 short months. My story is so remarkable. I would like to share it with you.

by Tania Olsson

My cheeks burned with embarrassment as I stared at the television screen. We were watching a recent family video. "I'm huge!" I gasped.

My folks never allowed junk food in the house. When I got old enough to make my own food choices, I went hog wild. Chips, ice cream and soda pop were my routine. I used food as comfort. I told myself it was just baby fat. It would go away. But it didn't go away. I was getting fatter every week.

My weight made me crazy. I refused to eat in public. I knew what people were thinking...look

at what you're eating... no wonder you're so fat. Go ahead, have another cheeseburger, honey.

Dieting Nightmares

I was always trying the next fad diet. I tried grueling exercise routines. I would never stick. When I didn't feel the results,

I'd get discouraged. The cravings were unbearable.

I lost 30 pounds twice with weight loss drugs. My weight shot back up so fast it made my head spin. The drugs set me on an emotional rollercoaster. I couldn't bear the thought of a third go around.

Nothing I do works, I told myself as I sat on the couch with a gallon of ice cream. What's the use of trying?

Ray of Sunshine

One day a close friend encouraged me to try hypnosis. I was skeptical. "I've heard they get great results," she said. I could only hope.

The free screening was like a ray of sunshine. My consultant was caring and concerned. I held my breath for the sales pitch. It didn't happen. They explained the program in detail. Left it for me to decide.

I signed up and lost 76 lbs. in 13 short months. I lost

ten inches off my waist. My dress size plunged from a bulging 22 to a sleek size 10.

Whole New Me!

Immediately after my first session my appetite diminished. I feel completely satisfied with small, healthy portions. Next

my food choices changed. When I was fat I would not touch raw vegetables. With hypnosis I have developed this strange attraction to carrots! They're as appealing as potato chips used to be. I know I will never, ever gain the weight back. Now that I'm thin and happy with my body, I can't think of a single reason to overeat.

"Hey, she's got it together."

Chaz is tickled to see my biceps. We recently went rock climbing. We enjoy rollerblading. There's no way I could have done that before.

Recommends

I suffered when I was overweight. I lived in a state of overwhelming helplessness. I was out of control. It was frightening.

I got more than I expected from my private hypnosis sessions. I feel wonderful about myself. If it wasn't for hypnosis I wouldn't be enjoying my slim, healthy body today.

Don't think I'm a lone success story either. I meet other successful clients all the time.

My only regret is that I waited and suffered for months. You don't have to suffer another second. Call right now to schedule your free hypnotic screening. I know your consultant will answer all your questions and put your fears to rest. If they don't think hypnosis is right for you, they will tell you so.

You owe it to yourself to find out. Call now.



Hypnosis Delivers Benefits!

I used to feel sluggish by 9:00 a.m. I was so depressed. Even my hair drooped.

Since hypnosis I look and feel young, alive and vibrant. My skin is glowing. My hair is thick and shiny. I have tons of energy. I'm light on my feet.

I no longer worry about eating in public. When eyes are on me, I know they're thinking,

"I was shocked when I saw my family video. How did I get so fat?"
Tania Olsson before shedding 76 lbs. with hypnosis.



OUR NO-RISK GUARANTEE

Your success is our top priority. If at your first program session you are not satisfied for any reason, we will refund 100% of your money before you leave the building. No questions asked. You risk nothing.



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STOP SMOKING

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"Very effective and very inexpensive"



TAKE THE CHALLENGE

FACT: Experience this unique program. If you can smoke a cigarette or you are not completely satisfied they will refund your fee plus an additional 30%. Have you been disappointed with the patch, the gum, hypnosis alone and cold turkey? They understand. That is why they would like the opportunity to demonstrate the effectiveness of this program. You will virtually see almost everyone who attends throw away their cigarettes and stop smoking. They want you to experience the long term results so their guarantee will be honored for 60 days. The fee is **only \$39.00** but you must read everything that follows.

LET US EXCEED YOUR EXPECTATIONS

Rarely a program comes along that can save lives. This is one of those programs. It is called Impact Training. Unlike other programs this approach is very aggressive and very dynamic. Some clinics prescribe drugs and others use hypnosis alone to try to help smokers become non-smokers. They know that most smokers need a stronger approach. The

DROP POUNDS, FEEL GREAT, AND NEVER GO HUNGRY AGAIN.

We completely understand that most smokers do not wish to gain unwanted fat as they make the transition from smoker to non smoker. Recent discoveries by the world's premier scientists have ushered in a new era in weight control, and we have synthesized these findings into a comprehensive, effective weight control program. We combine this knowledge with over 30 years of experience. There is no hunger and you don't count calories or carbohydrates. In addition to not gaining weight we will teach you some new ways to lose unwanted weight.

basic approach is behavioral. They combine many different behavioral tools designed to help smokers become non-smokers. Part of the program consists of an effective form of hypnosis to increase the over all effect but they can accomplish their goal without the use of hypnosis. Hypnosis is a very, very small part of the total approach. Impact Training is nothing like any other advertised program. If you care about your health you should seriously consider trying this program. **You will never, ever forget the experience! Very, very intense! Your satisfaction is absolutely guaranteed or we will honor our guarantee.**

IF NOT NOW, WHEN?????

Your brain tells you that smoking is dangerous. You are going to quit sooner or later. What are you waiting for? Do you think that only others get cancer, heart disease and emphysema? You better think about that. **Curious? Skeptical?** They understand but keep an open mind as this could be the program you have been waiting for. This program is presented by US Healthcare Services. They specialize in weight management and smoking

cessation. Dr. James Holland is the creative genius behind these programs. He or one of his associates will guide you through a **unique and interesting process** that was designed to make you a non-smoker in only 2 1/2 hours. They are very good at what they do and are uniquely qualified to help you achieve your goal. They have many years of experience and are highly recommended by health professionals and community leaders. They normally charge \$225.00 per person in groups of four, but once a year they offer a group clinic at a reduced fee of **only \$39.00**. All participants will receive the guarantee with their paid receipt. Quit smoking now before the government creates an additional tax of \$7, \$8 or more per pack. Can you imagine paying \$10 per pack? Participants must bring their last pack of cigarettes and a lighter. You are encouraged to bring your smoking friends and relatives. You get a bonus for each.

DON'T MISS THIS ONCE A YEAR OPPORTUNITY

This is not a seminar, but a group clinic to be offered very soon and is limited to the first 500 callers. If interested you should get a pen or pencil and call now. Call now for the date, time and office located nearest you and for additional information.

CALL 847-517-6390

Naperville Man Loses 130 Pounds With Hypnosis!

Before



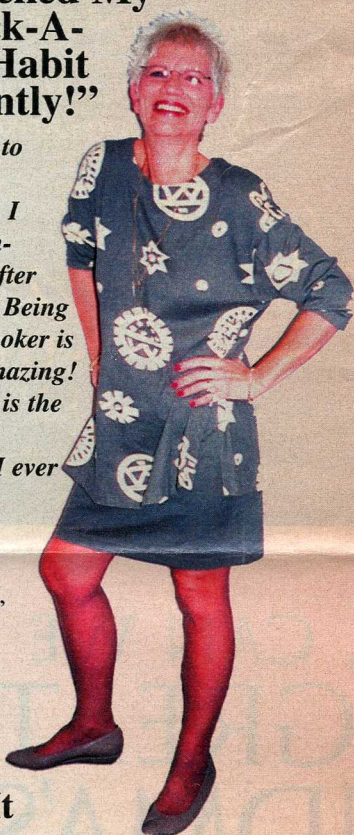
"It's Wonderful How Well This Program Is Designed! The Structure Is There And It Works!"

Robb Powell Naperville, Illinois

"I Kicked My 4-Pack-A-Day Habit Instantly!"

"Thanks to Positive Changes, I am a non-smoker after 45 years. Being a non-smoker is totally amazing! I know it is the best decision I ever made!"

Linda Beecher
Plainfield,
Illinois



"I Had a Problem And I Came To The Experts And It Worked!"



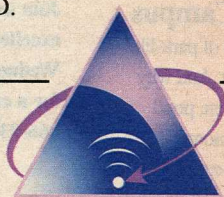
After overcoming a debilitating test anxiety, medical doctor, Melanie Lee said, "The power of hypnosis is amazing!"

Melanie Lee, M.D.
Chicago, Illinois

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Your success is our top priority. If at your first program session you are not satisfied for any reason, we will refund 100% of your money before you leave the building. No questions asked. You risk nothing.



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Yes, It Works.

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I Melted Off 45 lbs. Easily!

Keeping My Weight Off is a Snap!

Hello, I'm Wendy Rayner. I lost 45 pounds of fat in six short months! I dropped from an uncomfortable size 16 to a petite size 4!



Wendy Rayner
Before Hypnosis

I'm sharing my amazing true story with you in hopes that you too will be inspired to have the healthy life you deserve.

Dieting was a part of my life.

I was always embarrassed about my size. If we went to a pool party, I would hide in shorts and oversized t-shirts.

Positive Changes Delivered!

I simply can't express how satisfied I am. With Positive Changes, I melted off 45 lbs. easily! And keeping my weight off is a snap. My hypnosis program totally blew away everything

else I'd tried. I have no cravings. I don't feel deprived. I never have those dieter's hunger pangs. The only time I'm hungry is when it's the right time to eat.

I've experienced so many positive benefits from hypnosis, I could write a book!

My energy and confidence are soaring. I feel healthy, strong and sexy. I'm off the diet roller coaster for good and am living the life of a naturally thin person.

Call today, start slimming tomorrow.

If you're ready to lose your weight for good, and feel as good as you can possibly feel, I urge you to pick up your telephone and call Positive Changes Hypnosis right now. Ask to schedule your complimentary hypnosis screening and demonstration. If you're like me, it will be the best decision of your life! Call now.

"My Positive Changes program totally blew away everything else I'd tried."

Wendy Rayner-Size 4
After Hypnosis



"I Came To The Experts!"

PositiveChanges

Diets Don't Work. Positive Changes™ Do.



Lost 54 Lbs.



A year ago, I could never have held my head up and said I was proud of myself. Losing weight gave me more confidence than I've had in 10 years. I absolutely believe in the power of hypnosis to change lives.

-Debbie Day
Burnesville, MN



Lost 130 Lbs.



I changed my habits and life style. I never felt like I was on a diet. Hypnosis ends the battle between your conscious and subconscious mind, allowing you to do what is right for your body.

-Rob Powell
Naperville, IL



Lost 38 Lbs.



I feel as if I have a new life. Losing weight made me confident about my appearance, my attitude, and myself. I even love the way I look in a bathing suit. Not many women can say that!

-Pam Payne
Isle of Palms, SC

More and more experts agree – diets simply don't work. Behavior and lifestyle changes are the key to lasting weight loss. However, making these changes can be extremely difficult.

People often need help changing behavior patterns that have become deeply ingrained over many years. The American Medical Association approved hypnosis as a viable and beneficial alternative treatment in 1958.

Since 1987, the Positive Changes network has led the nation in using hypnosis to successfully help our clients accomplish the specific behavior and lifestyle changes they desire. There are no diets at Positive Changes – diets just don't work!

HYPNOSIS IN THE NEWS...

Hypnosis is one of the top 4 mind-body therapies practiced by Americans today.

- Harvard Medical School

Hypnosis is increasingly being used for helping people lose weight, stop smoking, or even perform better in athletics or academic tests.

- Wall Street Journal

A study conducted at the University of Connecticut found people using hypnosis were able to lose, on average, about 2.5 times as much weight as those not using hypnosis.

- Journal of Consulting and Clinical Psychology

We are now producing evidence showing [hypnosis] can be significantly therapeutic... Studies have shown it to be highly effective as a tool for certain kinds of habit control... Hypnosis is safer than virtually any medication any of us doctors use.

-David Spiegel, MD, Stanford University School of Medicine

"NO-RISK" GUARANTEE

If you're not 100% satisfied at your first program session, we will refund your money in full. No questions asked. You risk nothing.

Yes It Works

CHICAGO SUN-TIMES ♦ MONDAY, JANUARY 17, 1994

TIRED OF DIETING?

"I melted off 61 pounds and kept it off for three effortless years!"

Want to know how I did it...?

READ THIS!

After giving birth to my third child, I became content with life. We frequently ate our meals out. I ate when the kids ate and constantly snacked between meals. My complacency in life caused me to gain a staggering amount of weight in a short period of time. I had tried to lose weight with an array of weight loss fads and diets. I would deprive myself and pray that it would make a difference. It didn't. I would end up bingeing on chocolate or snacks. Each time I would gain back my weight faster than I lost it.

How my life changed forever...

Then one day I heard about Positive Changes Hypnosis on the radio and my life changed forever. They said that I could come in for a free hypnosis evaluation. I approached Positive Changes with skepticism. I was in for a pleasant surprise. My evaluation was relaxing and fun. When I considered how much money I had wasted on diets and pills that didn't deliver, I decided that Positive Changes made good sense. I signed up and melted off 61 lbs.! My dress size plunged from a tight 16 to a slender size 6.

Losing weight with hypnosis was easier than I ever dreamed possible... far easier than diets and pills! There were many times I didn't even think about my weight, but I was still losing, and I never felt deprived. I am 100% satisfied with my results.

I know I will never gain my weight back.

I don't even think about my weight. Hypnosis has changed my eating habits and there's no way I would go back. Hypnosis has given me control. I eat less and enjoy it more. I would recommend Positive Changes to anyone who wants to lose weight...and I do recommend the program all the time! Why go on a diet when losing weight can be this easy?

**Emily Brady
Before & After
Positive
Changes**



After Being Hypnotized to Shed 72 Lbs. This Woman Says,

"Now You, Too, Can Be Rid of Your Weight Problem for Good!"



Janice Lerch before Hypnosis

Hi, I'm Janice Lerch. For more than 15 years I dreamed of being slim. Then I made an amazing weight loss discovery that

helped me melt off 72 lbs. of fat in 12 easy months. My dress size plunged from a hefty 18 to a slender size 10 and it was effortless. If you are suffering from a weight problem, please take a moment to read my amazing story. I believe that my weight loss discovery can make your dreams come true, too!

Discomfort, Pain & Suffering

For 15 years my immense weight caused me suffering, both physically and mentally. I avoided going out for fear someone might look my way. I always thought people were snickering behind my back. I hid myself away and never expressed my true personality.

Diets Don't Work

I tried a multitude of diets, weight loss programs, and gimmicks. I attended group meetings faithfully. I'd lose 5 to 10 pounds, get bored, stop going, and gain all my weight back.

Looking back, I realize that I had no control over my eating habits. It's a horrible feeling to know that you have your own mind, and yet be completely incapable of controlling what, when, and how much you eat. I'd dream about being slim, but had no idea how to get there. I'd tell myself that I could stay on a diet. Two days later I'd be back to my same old fat-lady routine.

The Miracle

One day I read about Positive Changes Hypnosis in the newspaper. I cut it out and put it on the refrigerator. I asked the opinion of a dear friend of mine who is a psychiatrist. He said that he believes in hypnosis and encouraged me to give it a try.

My first step was to attend the Positive Changes' free hypnotic screening. It was surprisingly fun and informative. For the first time, I felt that someone understood what I was going through. It gave me a little spark of hope.

After my first hypnosis session, I had no doubt that I'd come to the right place...

Instant Results

I lost 4 lbs. my first week. After that, my weight just kept melting away. In one month I'd taken off 16 lbs. My total reduction was 72 lbs. and four dress sizes.

Janice Lerch,
after Hypnosis

Hypnosis eliminated my cravings and poor eating habits. I'm free from the hassle of dieting forever! I don't have to count calories or weigh my food. I simply enjoy healthy, flavorful foods like fruits and vegetables, and drink lots of water. It's been as if my mind is on autopilot. To be honest, I still don't understand it. I just know that my weight melted away at an average of 3 pounds a week and I never felt deprived.

Twenty Years Younger!

When I look at old pictures, I can't believe that was me. People tell me I look like I've had a facelift. My husband says I seem twenty years younger. Best of all, when I stand up straight, I can actually see my toes. There's no better feeling than that!

Now that I have lost my weight with hypnosis, I can't fathom gaining it back.

Saved My Life

The truth is, Positive Changes saved my life. If it weren't for this program, I'd probably be over 200 pounds and miserable.

That's the reason I'm sharing my story, and the reason I'm recommending Positive Changes to you.

I know that you're skeptical. I was, too. But my skepticism vanished when my weight started melting off effortlessly. I'm confident that hypnosis can do the same for you.

Change Your Life Today!

So set your skepticism aside. Stop hesitating. Pick up your telephone and call Positive Changes Hypnosis right now. Ask to schedule your complimentary hypnosis screening. Don't worry, if the staff doesn't think hypnosis is right for you, they will tell you so.

Take it from me, you have nothing to lose, and a whole lot to gain—like self-esteem, happiness, peace of mind, and freedom from your weight.

If you're like me, it will be the smartest decision of your life!

Call 1-877-POSITIVE to schedule your free screening today!

Call Today For Your **FREE** Hypnotic Screening!

1-877-POSITIVE

This Woman Tells You How She Shed 35 Lbs. in 4 Easy Months!



"I had become a yo-yo dieter."

Tila MacDonald Before Positive Changes Hypnosis

"Hi, I'm Tila MacDonald. I shed 35 pounds in 4 easy months with hypnosis! My dress size quickly plunged from a plump 14 to a sleek 4 and it was effortless! My weight melted off at an average three pounds a week! This is my true story... I will reveal how I lost my weight... Why I'm convinced my success is permanent... And why I think hypnosis can help you, too!"

BY: TILA MACDONALD

I had been overweight for ten years. After I turned 40, my weight started creeping up every year. I was unhappy and disgusted with myself. No matter what I did, I couldn't lose my weight. Food seemed to have some strange control over me. I couldn't get past a bakery without loading up on breads and pastries.

I was miserable about my appearance and my emotions were out of control. Negative thoughts and feelings were controlling me...at the bottom of it all was my weight.

Discovery

I read about Positive Changes Hypnosis in the newspaper. I called and made an appointment for my free hypnosis screening.

My screening was easy and

fun. There was no pressure. Everything was explained to me and the fee was reasonable. I knew that I needed to change myself from the inside. I signed up that day.

Results

I noticed an immediate change in my behavior. I took off 8 pounds my first



and anxiety are gone. I'm in control again.

In four short months I melted off my entire 35 lbs. My waist is a dramatic four inches smaller! People now call me "Skinny." And it's true! Today I am a slender 118 lbs. and I owe it all to Positive Changes Hypnosis.

My Recommendation

I am convinced that my results are permanent. I have not put on a single ounce since I started the Positive Changes program. I know that the yo-yo syndrome is over for good. In fact, I have kept my weight off for six easy months!

My recommendation to you is this, give Positive Changes Hypnosis a call. Schedule your complimentary hypnosis screening and evaluation. I know you'll be as impressed as I am.

"Today I am a slender 118 lbs. and I owe it all to Positive Changes Hypnosis."

Tila MacDonald
After Positive Changes Hypnosis

week! It was easy! Hypnosis helped me to eliminate cravings, food binges and poor food choices. I go through the bakery and I am no longer tempted by the breads and pastries. I shop for food more effectively.

Best of all, I never feel deprived. I enjoy my life more and have energy to spare. All of my old negative feelings, worry

Think about it, if you don't call your life will probably remain the same and you will have missed out on what could have been. I urge you to pick up your telephone and call now.

WE-STAY-WITH-IT GUARANTEE

We evaluate your needs then determine a fee. Once the fee is paid there are absolutely no more charges, regardless of how many sessions you may need to attain your desired results. We stay with it until you are happy!

Our No-Risk Guarantee

Your success is our top priority. If at your first program session you are not satisfied for any reason, we will refund 100% of your money before you leave the building. No questions asked. You risk nothing.

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Testimonials may not reflect typical results/individual results may vary.

"Thanks to Hypnosis, I'm Slender for Life!"

Most people think that older folks can't lose weight. That we somehow stop caring about how we look. Or that grandmas should be fat and happy. It simply isn't true. I had been overweight for 30 years. I was unhealthy, unhappy and downright miserable about my weight. Until I was hypnotized and lost five dress sizes!

I lost 51 lbs. using hypnosis. My name is Josephine Hageman. I am a retired substitute teacher and housewife.

One day a friend asked me what I thought about Positive Changes Hypnosis. I said, "To lose weight? That sounds suspicious to me."

After that I began to wonder, could there be something to hypnosis? I began reading the feature stories in the newspaper. Still, I was leery. It seemed too good to be true.

"I was unhealthy, unhappy, and downright miserable about my weight."

Josephine Hageman Before Hypnosis

"Queen of the Yo-Yo"

My eating habits were compulsive. I ate when I was happy, sad, excited, bored, or just because the food was within reach.

Dieting had been my life story. I was the queen of the yo-yo diet. I had crazy cravings too. Especially breads, starches and soda pop. It was uncontrollable.

I looked at the Positive Changes' ads for months. I asked everyone I knew what they thought about hypnosis. I even asked our parish priest. He said, "Oh, go ahead, hypnosis is nothing to fear."

When I scheduled my free screening, I asked my husband to come with me. Len is retired from the Navy. He's been around the world. I figured he would know if any monkey business was going on.

Len and I were impressed with Positive Changes from the moment we walked through the door. Our consultant explained how hypnosis works. She answered every question Len and I

asked. Len and I agreed, I should give hypnosis a try.

Amazing Results

At first I thought the hypnosis wasn't working.

Then all of sudden, when I looked down at my plate, I couldn't eat any more. I had no desire to eat the rest of the food on my plate. I was amazed. In one short week I had a whole attitude change.

When I first came to Positive Changes, I desperately wanted to lose 40 lbs. Now that I have taken off 51 lbs. in nine easy months — and now that my dress size has plunged from a plump 24 to a lean 14 — I'm certain that my weight problem is gone for good.

Simple and Easy!

Friends are always asking me, "How does hypnosis work?" It's simple. My hypnotist

gave me suggestions to relax and get comfortable. *She told me that I would eat only when I was hungry. I would stop eating when I was full.* That's exactly what I did. I surprised myself. Honest to goodness, it was that easy.

The beautiful part about Positive Changes is that I make my own food choices. I don't have to conform to somebody else's idea of what I should be eating.

Youthful and Carefree

When I was overweight, I had awful heartburn. I'd get agonizing sinus headaches. The whole side of my face would throb in pain. My cholesterol was high and my energy was low.

My doctor says my cholesterol has come way down. She was astonished when I told her 'hypnosis.'

I no longer use antacids. All my horrible reflux is gone. I haven't had any sinus trouble. I have no pain. I don't even feel my arthritis.

My skin problems cleared up. I'm full of energy, youthful and carefree!

I'm always on the go.

It's the little things that make me happy. Things that thin people take for granted. I can cross my legs again!

I know some of my friends are watching to see if I go back. There's no way that will ever happen! Thanks to hypnosis, I'm slender for life!

"72 Years Young!"

I know you may be skeptical of hypnosis. I sure was. Until I experienced it first hand. Now my results are proof positive... hypnosis works! I'm a 72-year-young lady thanks to Positive Changes Hypnosis.

So here's how I see it. If it makes you feel good about yourself, and lets you wear pretty clothes, and makes you genuinely happy, it's more valuable than all the money in

"If I can lose weight at 72, you can do it too!"

Josephine Hageman
After 51 Lb. Weight Loss
Using Hypnosis

"Hey, Skinny!"

Folks never used to pay much attention to me. I think

overweight people have a prejudice hanging over their heads. People have a different attitude towards me now that I'm thin. I'm not carrying all that excess baggage around. My husband started calling me, 'Hey, Skinny.' That's a first!

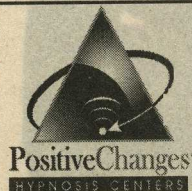
I have fun shopping for new clothing. I feel sharp in my new 90's look. I no longer sit and watch TV like most retired folks.

the world. That's how I feel about Positive Changes Hypnosis.

In fact, I believe that the entire PCH staff has an honest to goodness mission to help people. To me they are like family. So if you want to lose weight and feel good about yourself, take a few minutes to find out for yourself. Call Positive Changes Hypnosis. Ask to schedule your free screening appointment. If you're like me, you'll be glad you made that call.

Please don't miss this opportunity. If you don't pick up that telephone and call Positive Changes Hypnosis right now, you might even gain more weight. Don't let that happen.

Call Today!



"Where Results Happen"

NOW in

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"I MELTED AWAY 71 LBS. WITH HYPNOSIS!"

My name is Marjorie Garst. I lost a remarkable 71 pounds in eight short months without dieting. I went from a chubby size 20 to a trim size 8! This is my true-life account of genuine, lasting weight loss success

I had read the hypnosis' ads for months. Frankly, I was skeptical. It seemed too good to be true. Then I saw a special report on the News. It featured folks who had quit smoking and dropped weight with hypnosis. One lady said she lost over 90 lbs. She said hypnosis made it simple. That got my attention.

I honestly didn't think the people in the ads were real until I saw it on the 11:00 News. Now it's happened to me and I have my own true story to tell.

EMBARRASSED AND ASHAMED

I dreaded my yearly visits to the doctor. My weight was climbing at a rate of ten or more pounds a year. My blood pressure and cholesterol were sky high. My joints were stiff

and ached constantly. My health was in jeopardy. Yet I couldn't stop eating. I was

out of control.

I was a career snacker.

I lived on sweets and soda pop. Food seemed to have some mysterious power over me. I ate all day. With every expansion of my hips and thighs my self-confidence withered. I was embarrassed, shy and reserved.

Dieting was the most confusing and frustrating experi-

ence of my life. Diets made me crave and binge. The only way I lost weight was by starving myself. I lost ten pounds once. Then I gave up and my weight came right back plus ten pounds more. My self-esteem was demolished. I prayed for a miracle.

IMMEDIATE RESULTS

I was nervous when I called for my appointment. I didn't want to be pressured. The free hypnotic screening was a wonderful surprise. My consultant was genuinely interested in me. The high-pressure sales pitch never happened. She explained hypnosis in a relaxed, entertaining way. I had nothing to lose except a lot of fat. I signed up.

My new eating habits started immediately after my first session. My hunger pangs disappeared.

I found myself craving healthy foods. Fruits and vegetables tasted different. It was like my taste buds came alive.

DOCTOR'S DELIGHT!

My last visit to my doctor was a thrill! He confirmed my 71-pound weight loss. For the first time in my life my blood work and cholesterol are normal without pills! I feel fantastic. No more aches and pains. No more cravings or binges. Best of all, hypnosis eliminated dieting for good!

Hypnosis made my weight loss easy and effortless. I know I will never gain my weight back. All the changes are permanent.

INVALUABLE!

My results using hypnosis are invaluable to me. That's why I'm sharing my story with you. I believe in hypnosis. I'm certain you'll be as thrilled as I am. I know because I've met lots of other folks who are getting results like mine. They've shed 50, 60, even 105 pounds with ease.

Ask about their no-risk guarantee. Call and schedule your free hypnotic screening. Hypnosis worked for me. It can work for you. Call now.

"People say I look twenty years younger. I owe it all to the power of hypnosis."

Marjorie Garst After Hypnosis

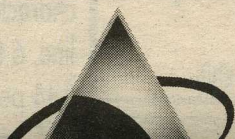


Marjorie Garst before Hypnosis



OUR NO-RISK GUARANTEE

Your success is our top priority. If not, your first



PositiveChanges

HYPNOSIS CENTERS



Mom Reveals Secret...

"I Lost 62 Pounds In Six Months! Look at Me Now!"

MY STORY

I lost 62 pounds of fat in six months with hypnosis! I have way more energy! I feel so much better about myself. I lost 20 pounds in four weeks, 32 pounds in 11 weeks. What is so amazing is, after four months of being 62 pounds thinner...I am STILL 62 pounds thinner! My name is Kristi Jaraczski. I have 3 boys ages 16, 2 1/2 and 1.

If you are like me, and have struggled with the hassles of dieting, read on...

I wanted to put all of the diet failure behind me. I really wanted to lose weight. Before I went in for the screening, I had convinced myself that I had to do something unique and different from anything else I had ever tried. I would like to tell you my story of how I was so out of control with my eating and how hypnosis was the exact help I needed.

OUT OF CONTROL

I had an incredible problem with bingeing. I would eat, eat, eat...until I felt like I was going to explode. Then I would wait awhile and eat some more! Then the guilt and shame sets in...

Being a mother and being overweight was tough for me. I wanted to have the energy for my boys. I always felt tired and sick. You know the excuses you give yourself to lay around and do nothing. My goal was to have a lot of energy and feel good about myself so I could do things with my boys.

SUFFERED DIET HASSLES

Have you ever struggled with diets like I did? All the diets I went on, I would say, "I start on Monday." The weekend before the diet, I would eat, eat, eat. I ate everything I loved. Then maybe I would start the diet on Monday and then maybe no. If I did start...it would be the Atkins diet, low fat diets...even a weight management diet through a fitness club. All would work well, and six months later I was overweight again. Sometimes I weighed even more than when I had started dieting. I remember messing the diets up and getting so stressed out over it.

FELT INSECURE

I hated when other people looked at me. I always felt like they were always better than me. Looking at pictures and seeing myself fat...gross.

Shopping for clothes was just horrible. You know there aren't very many plus-size stores. The selection was small and only one or two stylish choices. Every time I went into a larger sized clothing store, I would look to see if there was anyone I knew in the store. Like anyone didn't already notice I wore the larger sizes!

MY EMBARRASSMENT

Going to school, kids would make fun of me. I didn't have a lot of friends. I was afraid to go anywhere by myself. You know what that's like...you are afraid people are going to laugh at you.

When I was young, my family moved to a small town and all the

other kids had their group of friends. I was an outsider and felt like one. I was lonely. You know how it is when you are lonely.



HAPPY SECURE WEIGHT LOSS

Since I have lost the 62 pounds, I have been able to keep it off for the past four months. My energy level is great. I have more energy for my husband and kids. I finally love myself for who I am. Now when people look at me, I have the confidence to say... LET THEM LOOK! I never felt like I was on a diet...I am full with less food. Eating until I was stuffed and uncomfortable is a thing of the past. Now I love going and doing things by myself for myself.

Shopping for clothes is so much more fun. Now I can go to any store and buy clothes and THEY ALL FIT!!! Hypnosis is the best thing that has ever happened to me. I am very happy and when I am happy everyone around me is happy. I am glad that I did this, not only for myself, I did this for my family too. If you are like me, and want to end the worrying that dieting has caused you, know that you can lose the weight just like I did. Call today and tell them Kristi sent you.

RESULTS, RESULTS, RESULTS

WOW! Hypnosis has made me a new woman! Over the past 8 weeks I have lost 20 pounds and several inches. I went from a size 20 pants to a 16 (even a tight 14)! I find I am enjoying my children instead of being frustrated by their many demands. More energy, less frustration, more self confidence. IT WAS THE BEST INVESTMENT FOR THE FUTURE THAT I'VE MADE. WHAT A WONDERFUL PROGRAM!!

-Jeanette Justice
Occupational Therapy Assistant

I have been smoking for nearly 30 years and had tried to quit numerous times. I was amazed at how there was no stress involved. When I got home, I was able to handle all stresses without feeling any cravings. It was almost like I had never even smoked. I would recommend hypnosis to anyone wanting to quit. It is definitely the quickest and most painless way that exists and believe me I know, since I had tried almost all of them.

-Ruthie Wilson
Guidance Counselor

THE SOLUTION

People are losing weight, stopping smoking and relieving stress with the programs offered with hypnosis.

They will give you an honest and in-depth explanation of hypnosis and evaluate your situation. If hypnosis will not benefit you, they will tell you so.

Before you go to sleep tonight, remember that **YOU HAVE NOTHING TO LOSE BUT WEIGHT.**

"We believe that we offer the best service available, the lowest possible cost, with the least amount of hassle. Here's why..."

PROFESSIONAL FACILITIES

Professional Hypnosis with in-depth experience in hypnosis provides individual sessions for custom programs in our office.

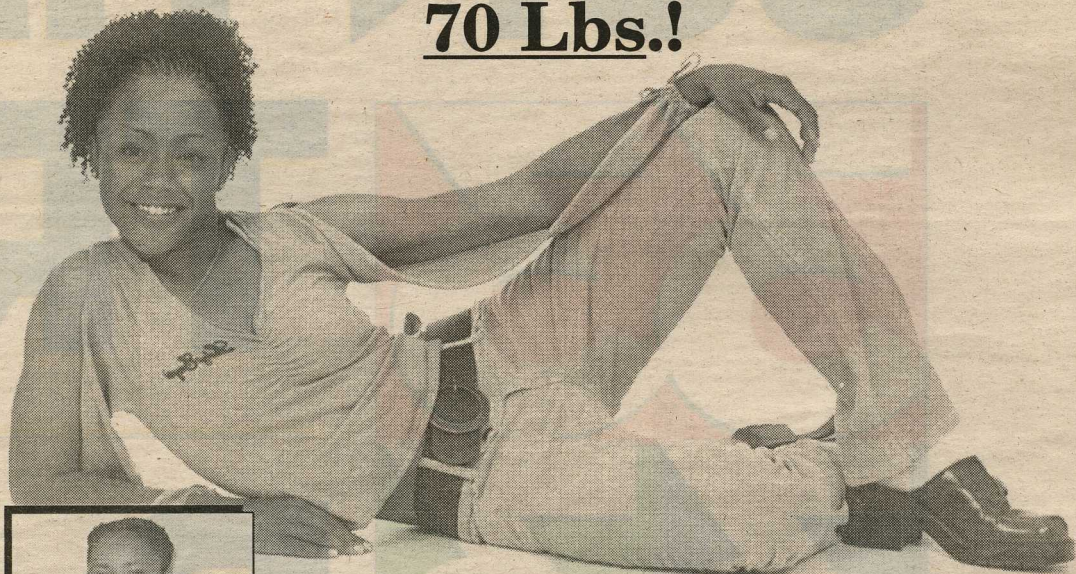
STAY WITH IT GUARANTEE

Regardless of how many sessions you may need to attain your desired results and goals, we stay with the problems until you are happy. We offer a Written Service Guarantee.

FREE HYPNOTIC SCREENING

We give a 30-40 minute screening. It's fun and informative. We will give you an honest and in depth explanation of hypnosis and evaluate your situation. If we do not feel hypnosis will benefit you, we will tell you so. Call now and make an appointment for your screening.

This Teen Made Up Her Mind to Stop Dieting - And Melted Off 70 Lbs.!



Being an overweight teenager was tough. I was unpopular because I was overweight, and I didn't have any confidence in myself. But that was last year. Now, I'm 70 lbs. lighter! I went from an obese size 15 to a sexy 7 in only 6 months! My friends are jealous of how good I look. Here's how I did it...

Light at the End of the Tunnel

A friend told my mom about using hypnosis to lose weight. I was open-minded about using hypnosis, so I immediately called Positive Changes Hypnosis Centers and made an appointment for a free screening.

Hypnosis eliminated my poor food choices and binge eating. I stopped snacking and drinking soda. I can even eat more than I used to because I eat the right foods for me. I immediately started losing weight and feeling slimmer in my clothes. I lost 3 lbs. my first week and 10 lbs. my first month!

"You Can Make the Same Fabulous Changes!"

I give Positive Changes all the credit for helping me lose weight and get healthy. Call the Positive Changes experts at 1-877-POSITIVE and they will schedule your free weight-loss consultation. Don't wait another day. If you're like me, it will be one call that changes your life forever!



Non-Smoker After 50 Years!

I had been a smoker for 50 years when I saw the advertisement in the paper. I decided to give Positive Changes Hypnosis a try. I used to smoke 2 packs of cigarettes a day!

I started the program on 7/20/02. When I had my second session, I stopped smoking! I have been a non-smoker ever since! Positive Changes Hypnosis has helped me to eliminate cigarette cravings and I am pleased with my results. It was easier than I ever thought possible! My confidence has improved and I am proud of myself for becoming a non-smoker. My health has improved as well. I am feeling better and I am breathing better! And, I think of all the money I can now save for a vacation with my wife!

I would like to recommend Positive Changes Hypnosis. It will be to your benefit, take advantage of the opportunity now! It will make a great difference in your life, I know it has in mine!

Ray Harvey
Aurora, Illinois

"Commitment"



PositiveChanges[®]
HYPNOSIS CENTERS

"Hypnosis Put Me Back In Control!"

My name is Stacey Harrington. I'm sharing my story because I know if you are reading this, you may be feeling just as miserable and desperate as I was only a year ago...

By Stacey Harrington

"So when's your baby due?" my husband's uncle asked, staring at my bulging stomach. When I got home, I stared at my reflection

in the mirror.

Tears streamed down my cheeks.

It was true. I was fat.

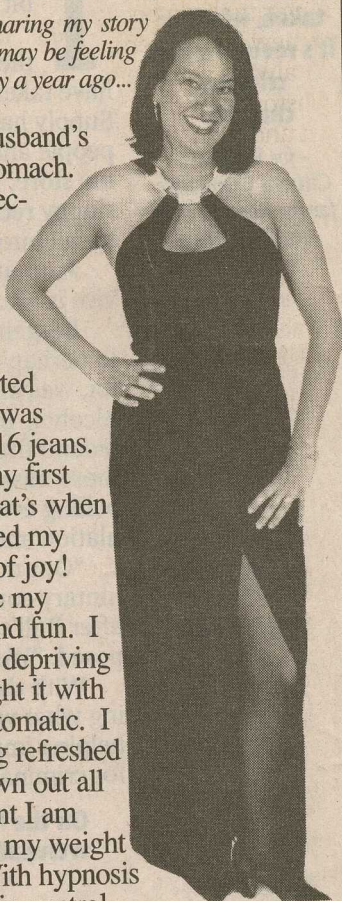
When I first started Positive Changes I was stretching my size 16 jeans. I recently bought my first pair of size 6's. That's when I knew I had reached my goal. I cried tears of joy!

Hypnosis made my weight loss easy and fun. I don't feel like I'm depriving myself. I don't fight it with willpower. It's automatic. I walk away from my sessions feeling refreshed and in control of my life. I've thrown out all my fat clothes. That's how confident I am that I've lost my weight for good. With hypnosis I feel 100% in control.

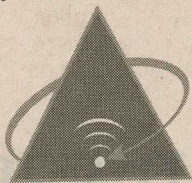
I love it! I have control of what I eat. Control of how I look. Best of all, my 'after' picture is sleek and sexy and confident. Call now. If you're like me, it will be the best decision of your life.



"My weight went up and down like a yo-yo."
Stacey Harrington
before hypnosis



After Hypnosis,
Her Husband Said...
"You're The Sexiest
Woman Alive!"



PositiveChanges

HYPNOSIS CENTERS

"Where Results Happen"

Call Now For Your **FREE**
Hypnotic Screening

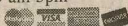
425-274-8000

330-112th Ave. NE, Suite 100

In Bellevue

Mon-Thur, 9am-8pm;

Fri., 9 am-5pm



www.positivechanges.com

WE STAY WITH IT GUARANTEE

We evaluate your needs, then determine a fee. Once the fee is paid there are absolutely no more charges, regardless of how many sessions you may need to attain your desired results.

We stay with it until you are happy.

©Positive Changes Hypnosis™. Testimonials may not reflect typical results and individual results vary.

When diets fail...

Local hypnosis center proves that losing weight for good is a mind game

Carol Hooper was overweight almost all her life. As an adult, carrying an extra 95 pounds exhausted her. "I needed one or two naps just to get through my day," said Hooper.

She had tried to lose her weight with diets and gimmicks. "I suffered through pre-packaged food and chalky shakes," Hooper lamented. "I counted, weighed, measured and starved. I've done all kinds of weird diets, but diets don't work. I lost my weight with medication once, but gained it all back plus 70 pounds!"

Hooper discovered Positive Changes Hypnosis on a radio talk show. "They said I could have a free hypnosis screening," said Hooper. "I was impressed right off the bat. I could tell that the folks at Positive Changes had my best interest at heart."

For most of us, losing weight can seem like an endless battle. Despite our sincerest efforts to stick to a diet, our subconscious acts like the bad guy seducing us into eating half a chocolate cake or a package of cookies. But with hypnosis, the struggle can be resolved - and we can begin to see genuine weight loss results.

Dr. Patrick Porter, Executive Director of Positive Changes, says hypnosis is like "being hyper-aware or extremely focused" and is often referred to as "creative visualization."

"With hypnosis, we increase the ability to absorb suggestion," he says. Ineffective, destructive behavior is replaced effortlessly by healthier behavior and people start to lose weight, stop smoking or reduce stress and finally see the resolution of life-long battles.

Local Hypnosis Users Reap Lasting Benefits

For Carol Hooper, the results were immediate and long lasting. Since starting her hypnosis program in April of 1997, Hooper shed 95 lbs. in less than a year. Her clothing size plunged from a baggy XXL to a petite size 6. "Hypnosis made weight loss easy and automatic, like an involuntary response," says Hooper. She has easily maintained her trim figure for five years.

"We help clients to think and eat like a slim person by programming their subconscious mind. They lose weight and keep it off long-term because they've changed their whole relationship with food, mentally as well as physically."

Others have had similar results when they turned to hypnosis for weight loss. Polly Watson took off 30 pounds with Positive Changes Hypnosis. "My goal was to lose my weight by the New Year," remembers Watson. "I reached my goal on New Year's Eve, 1997 and I've kept my weight off ever since! Losing weight with hypnosis is easy. You don't suffer. You don't worry about dieting. Friends often ask if my weight loss was time consuming. I tell them hypnosis is not a diet. I made a few simple changes in my food choices. That's it."

Louise Neal says that her experience with hypnosis was nothing short of a miracle. "I'd been overweight for 20 years," says Neal. "I had tried to lose weight with a national diet chain, but gained back more than I lost. Diet pills were the same result. No matter what I did, I would end up heavier than when I started."

Neal decided to try hypnosis after seeing Positive Changes Hypnosis Centers featured on television. "Hypnosis made my weight loss easy and quick," reports Neal. "I used to eat junk food all day. Now I don't eat junk food at all. I dropped 6 pounds my first month. My weight seemed



Keeping it Off: Positive Changes Hypnosis clients learn to change the mental triggers that caused them to put on weight in the first place. Once the new habits are in place, maintaining one's ideal weight can seem effortless.

to melt off from there. I took off 61 pounds in 8 short months and I've been easily maintaining my slender figure ever since!

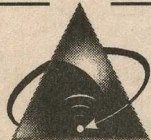
Porter explains, "Louise's experience with dieting is not uncommon. The reality is that our ingrained habits are stronger than willpower. With hypnosis we helped Louise to reprogram her subconscious with the positive habits of a naturally thin person. Once Louise took back control, her weight loss could happen automatically."

Louise Neal has since taken off an additional 10 pounds and has kept her weight off for over two years. "Hypnosis eliminated my food cravings and poor eating habits," said Neal.

And as for the relaxation experienced in hypnosis, Neal confirms that she had never before been so relaxed. But she warns people not to confuse hypnosis with mind control, "I was always aware and knew what was going on. Hypnosis didn't take away my control, it put me back in the driver's seat," said Neal.

Positive Changes Hypnosis offers a complimentary hypnosis screening. During this evaluation, you'll be tested to determine whether or not you're a candidate for hypnosis. If you are, the consultant will identify your goals and lay out a personalized program to achieve them.

To set up your complimentary weight loss consultation and hypnosis demonstration call 1-877-POSITIVE.



PositiveChanges®
HYPNOSIS CENTERS

"Where Results Happen"

www.positivechanges.com



**Call now for your FREE
Weight Loss Consultation!**

1-877-POSITIVE

Six Popular Weight Loss Methods Battle It Out

Which method should you use? You decide.

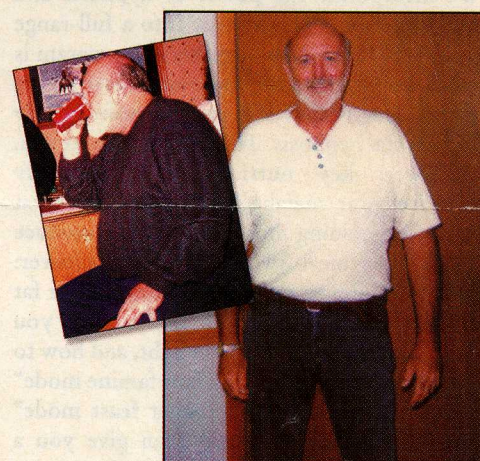
Weight Watcher's® Diet, Extreme Exercise, Celebrity Coaches, Slim-Fast® Diet, Atkins Diet™, and Hypnosis are six popular weight loss methods we've all heard of. You may have even tried a few of these. And if you're like most of us you've probably wondered *which one is really the best*, which one should *you* use to achieve your weight loss goals. That's exactly what Television's NBC Dateline News Program set out to do... and the results may surprise you. Dateline® compared these six different weight loss methods and the person using hypnosis was *by far* the most successful, almost doubling the results of the next best participant (see table below). After three months of an ongoing study, hypnosis was 80% successful, Weight Watchers® Diet 45%, Extreme Exercise 40%, Atkins Diet™ 33%, Slim-Fast® Diet 29%, and Celebrity Coach 20%. But don't take our word for it, read it for yourself at www.msnbc.com; search for **Ultimate Diet Challenge**, then select **Losing It: Ultimate Diet Challenge**.

If you're like most people you've tried everything to lose weight but nothing's worked (until now that is). You've tried all the



Debbi Shipp*
Lost 108 lbs.

fad diets, exercise programs, and calorie count plans etc., without success. That's exactly how many of our attendees felt before they found our program and finally achieved the weight loss results that changed their lives forever. What they found was a program based on scientifically proven methods and techniques. The reason most programs fail is because they



James L. Adams*
Lost 93 lbs.

rely on *willpower* to overcome your lifelong weight gaining habits. Unfortunately willpower, like moods, changes day to day and cannot be relied upon. Our program does not rely on willpower to *overcome* your weight gaining habits; instead through *hypnosis* it focuses on *changing* your weight gaining habits to those of a *healthy slim person*.

Lose Twice As Much Weight

According to the Univ. of Connecticut, an analysis of five weight loss studies revealed that "hypnosis can double the effects" of traditional weight loss approaches. **Again, don't take our word for it**, read the abstract for yourself at www.ncbi.nih.gov. Search for **hypnosis weight loss**, then select by *clicking* on the author **Kirsh I**. Keep in mind that this is a medical research site mostly used by doctors so the language is very technical.

Hypnosis helps you to eliminate all unwanted cravings for, and addictions to, the "wrong" foods. It helps you break the compulsive eating habit, and allows you to feel full and satisfied with smaller portions. It helps you to change your current poor eating habits into good eating habits. You will have more energy and you will feel and look better. And the beauty of hypnosis is that all this can be accomplished without willpower, safely,

Participant	Weight Loss Method	Weight Loss Goal (lbs)	Weight Lost (lbs)	Percentage of Goal Achieved
1	Hypnosis "first week with hypnosis, participant lost 13 pounds."	50	40	80%
2	Weight Watchers® Diet "...I was disappointed because I starved all week."	40	18	45%
3	Extreme Exercise Training to run a 26 mile marathon and following the USDA food pyramid diet with an emphasis on portion size.	35	14	40%
4	Atkins Diet™ Diet related problems - Headaches and severe constipation. "Its bothering me that's for sure. Doctor told me the diet wouldn't be good for me, because of my history with gout."	150	50	33%
5	Slim Fast® Diet "I'm hungry. I'm hungry most of the day... I'm still going to bed hungry and waking up hungry."	35	10	29%
6	Celebrity Coach Requires a celebrity coach, strength training, and restrictive diet.	120	24	20%

Source: Dateline NBC "Losing It: The Ultimate Diet Challenge" This table shows the three month results of an ongoing study being conducted by NBC Television's Dateline® Program. Six participants are testing six different weight loss methods. As you can see, the subject using hypnosis has already achieved 80% of his desired weight loss goal even without following a diet or exercise plan. This is almost twice the percentage of the second place participant.

unconsciously, almost *automatically*. Hypnosis works with the subconscious mind to increase your ability to absorb positive suggestions, allowing you to accomplish things now that you have never been able to do before. All of your current bad habits that are keeping you fat can be replaced with new, healthy habits that will start you on the road to permanent weight loss and lifelong health and vitality.

Lose More Weight Than With Hypnosis Alone

We incorporate the power of hypnosis and self-hypnosis synergistically into a full-range program. This means together the program is much more effective than individual pieces alone. Use whatever items you want or rely just on the hypnosis. The choice is up to you. Discover: key nutrients that naturally increase your metabolism, how to lose fat while maintaining muscle and how to reduce those after meal sweet cravings. Discover: how to minimize the role of insulin, "the fat storing hormone" in the body, why you should only watch TV in the light, and how to switch your body from "winter famine mode" (slow metabolism) to "summer feast mode" (high metabolism). We'll even give you a hypnosis reinforcement audio tape (something the other companies charge for) for FREE, should you ever need it.

War On The Weight Loss Industry

Unlike many other programs, what we don't give you is a rigid and restrictive diet to follow. We know that diets don't work. If they did, there wouldn't be what seems like hundreds of new ones coming out each year! With 98% of all dieters failing, is it any wonder that the average diet lasts for only a few days? Plain and simple, our program is designed to work with your subconscious for a lifetime, a healthy and *attractive* lifetime.

Many weight loss programs cost hundreds of dollars, and some hypnosis programs cost over \$1,200. Since we bring our special highly-effective program to you as a seminar it is now available at a fraction of the cost. Only \$59.99 (read below for price match guarantee). Over 500,000 people from all across America have attended our seminars. Don't deny yourself this opportunity to finally be able to achieve the body you've always desired. It has worked for thousands of others, and it can work for you too!

A Word of Caution!

The longer you've been overweight the more your body has become accustomed to it. For some individuals losing weight can be dangerous, particularly if you are not in satisfactory health. When the hypnosis takes effect, you can expect to start losing weight immediately. Therefore check with your



Staci Austin*
Lost 70 lbs.

physician before attending to make sure you are in satisfactory health to lose weight. Whether you need to lose 8 lbs. or 108 lbs., this seminar is for you. Every person is unique, each having a unique physical makeup and ideal natural body weight. Our method is specifically designed to help you achieve your natural body weight, whatever it is. Join us and stop making the same weight loss mistakes everyone else is making. Get your confidence back, look and feel great. And get this...we'll even make it 110% Risk-Free.

110% Risk-Free Guarantee

Your success and satisfaction is our top priority. If, at the end of the seminar, you are not completely satisfied or decide our program wasn't for you, just ask the speaker to give you a full refund plus 10%. You'll get it on the spot, even before you leave! No questions asked. Prepaid attendees will be refunded from main office. You risk nothing. What could be fairer than that? Or you may choose to reattend any future weight loss seminar for a refresher, if needed, free of charge. Try and get a guarantee like this from your local physician, hypnotist, or other weight loss company.

ONLY \$59.99 Price Guarantee: If you find any other Weight Loss Seminar with hypnosis at a lower price, just bring in their current¹ advertisement and we'll match² it!

¹Within 30 days of our seminar. ²Maximum \$20 Discount.

SEE BELOW FOR WEIGHT LOSS SEMINARS IN YOUR AREA

Registration Begins At The Door 1 HOUR Before Seminar -- Cash, checks & credit cards accepted.

For Group and Corporate Rates, Call Toll Free 1-800-SLIM-NOW (1-800-754-6669) ext. 9010

TWO WEIGHT LOSS SEMINARS PER DAY AT EACH LOCATION (One Seminar Per Location on Saturday)

Weekday Seminars: Noon to 2:30 PM -- Weeknight Seminars: 7:00 PM to 9:30 PM

WAUKEGAN

Monday, October 20th

RAMADA INN

200 N Greenbay Rd

(I-94 N Exit 120, follow Belvidere Rd, make left onto N. Greenbay Rd
I-94 S Exit 132, follow for Approx. 3 miles, right onto N. Greenbay Rd)

SKOKIE

Thursday, October 23rd

HOLIDAY INN NORTH SHORE

5300 W Touhy Ave
(I-94 Exit 39A)

ELGIN

Tuesday, October 21st

BEST WESTERN

PLAZA HOTEL

345 W River Rd

(I-90 to Rte 31 S. Turn left at first stop light {W. River Rd} proceed 1/2 mile to facility)

ROLLING MEADOWS

Thursday, October 23rd

HOLIDAY INN

3405 Algonquin Rd

(I-90 W to Rte 53 N {Rolling Meadows} Exit. Exit immediately onto Algonquin Rd, east. Facility on right)

PALATINE

Tuesday, October 21st

HOLIDAY INN EXPRESS

1550 E Dundee Rd

(Rte 53 N to Dundee Rd
Exit W, hotel on right)

CRYSTAL LAKE

Friday, October 24th

HOLIDAY INN & CONFERENCE CENTER

800 S Rte 31

(I-90 W to 31 N, corner of Three Oaks Rd & Rte 31)

CAROL STREAM

Wednesday, October 22nd

HOLIDAY INN

HOTEL & SUITES

150 S Gary Ave

(I-355 Exit North Ave {Rte 64} West 4 miles to Gary Ave, go South)

PALATINE

Saturday, October 25th

DAYTIME SEMINAR ONLY!

10:00 AM until 12:30 PM

HOLIDAY INN EXPRESS

1550 E Dundee Rd

(Rte 53 N to Dundee Rd
Exit W, hotel on right)

Brought to you by: A. Goen Seminars Institute, Inc.

www.goenseminars.com

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Why Local Folks are Turning to Hypnosis to Lose Weight and Quit Smoking for Good

Joann Knott was on and off diets for more than 20 years. She attended weight loss meetings religiously. She turned to prescription and over-the-counter diet pills, but says they made her jittery and anxious. Over the years she became a self-confessed yo-yo dieter.



"I've been on more diets that I can name," remembers the office manager and mother of two adult children. "I was out of control and feeling desperate."

When Joann's husband, Bob, started packing on the pounds, he also attempted

**Bob & Joann Knott
Before Hypnosis**

losing weight with diets and fads. "I suffered through tasteless shakes and frozen meals," laments the 6'1" supervisor. "I'd yo-yo up and down and eventually gain all my weight back, plus more."

Hypnosis Changes Lives

Bob and Joann Knott finally realized that, before they could change their bodies, they had to change their minds. They decided to join Positive Changes Hypnosis.

"When we started the program, we didn't know what to expect," said Bob. "I noticed a change in my behavior from the first week. I melted off 45 pounds in 10 weeks and dropped eight inches from around my waist. Hypnosis put me back in control of my eating, and it feels great."

Joann was utterly amazed by the ease with which she shed her unwanted pounds. "I had almost given up on ever losing weight," said Joann. "Hypnosis eliminated my food cravings, evening binges, and poor eating habits. I dropped 24 pounds in three months. My dress size is now a slender size 8!"

"I know that my weight loss will be forever," adds Joann. "It comes naturally to do the right things with this program. We don't do them because we have to; we do them because we want to."

Stop Smoking Effortlessly

Smokers will be happy to learn that hypnosis can help them kick their smoking habit without the discomfort of withdrawal, even if they've been smoking for decades. Sandy Green smoked for 32 years. She had nearly given in to her habit when she decided to give it one more shot. She called Positive Changes Hypnosis. "I must have smoked eight cigarettes, one after the other, trying to psych myself into walking through their front door," remembers Green. "I was inside maybe an hour, and I walked out a non-smoker. Honestly, I had no more urge or desire for cigarettes."

**"We Lost a
Combined
69 Lbs!"**

**Bob & Joann Knott
Living It Up -
After Hypnosis**

Green's experience is not uncommon. Because smoking is also a habit of the subconscious, hypnosis can help to "remove the habitual triggers that cause you to light up," explains Dr. Patrick Porter, founder of Positive Changes Hypnosis Centers.

Hypnosis Screening Now Available

Positive Changes Hypnosis Centers offer a complimentary hypnosis screening. During this evaluation, you'll be tested to determine whether or not you are a good candidate for hypnosis. If you are, the consultant will identify your goals and lay out a personalized program to help you achieve them.

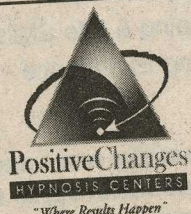
They even guarantee that they will stick with it until clients achieve their desired results. Additionally, if after your first session, you decide that hypnosis is not right for you, says Porter, "We will refund your money in full before you leave the Center."

If you've always wondered how hypnosis might help you lose weight, stop smoking or improve your life, Positive Changes' solid reputation should banish any qualms (a binder in the reception area displays hundreds of signed testimonials.)

For more information, call Positive Changes Hypnosis Centers at 1-877-POSITIVE.

Our No-Risk Guarantee

Your success is our top priority. If at your first program session you are not satisfied for any reason, we will refund 100% of your money before you leave the building. No questions asked. You risk nothing.



NOW in

Elmhurst

Naperville

Schaumburg

630-559-0234

630-527-9030

847-885-0815

www.positivechanges.com

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Testimonials may not reflect typical results/individual results may vary.

Bolingbrook Woman Found THE Way to Break Out of Her Dieting Slump

"I Melted Off An Amazing 67 Lbs!"

My name is Jessica Majersky and I live in Bolingbrook, Illinois. I am a customer service representative for a large electronics firm. I lost 67 lbs. at Positive Changes Hypnosis Centers. This is my story.

I struggled with my weight for 32 years. I was a chocoholic and craved candy and soda. I wanted to feel better and do more of the things I love, like diving. I didn't want my weight to keep me from enjoying life to the fullest!

Diets Didn't Change My Habits

I lost weight on diets, only to regain it all. I didn't learn to make permanent changes in my eating habits. There was no 'after program' to help me integrate new eating habits. Then I watched a show dealing with hypnosis. I felt hypnosis could be the solution to my weight issue. One day, while listening to the radio, I heard about Positive

Changes Hypnosis. I called for my free evaluation.

I Believe the Changes in My Eating Habits Are Permanent!

Within 24 hours after my first hypnosis session, I no longer craved soda or candy! I continued to notice changes during the first week. I made good eating choices without thinking about it. It was amazing! I no longer eat after my hunger has been satisfied. It is wonderful to wear clothing I haven't fit into in some time. I have more confidence about my future. I absolutely believe my weight loss and the changes I made in my eating habits are permanent. I have recommended the Positive Changes Hypnosis program to many friends. I hope you will seriously consider the Positive Changes program for yourself. Based upon my own experiences, I think you will be pleased with your results!

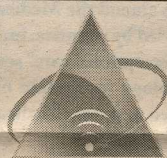


Call 1-877-POSITIVE today and ask for your FREE weight loss consultation!

"I Kicked My 4-Pack-A-Day Habit Instantly!"

"I smoked 4 packs of cigarettes a day before coming to Positive Changes Hypnosis!"

I quit once with patches and a one-time hypnosis seminar. I gained 75 lbs! Once I stopped the patches, I was smoking again in 1 month. I read the Positive Changes ad and my first thought was, "Been



PositiveChanges
HYPNOSIS CENTERS

Yes, It Works.

Call now for your FREE Weight Loss Consultation!

