



LASTING CHANGE HYPNOSIS



THINK AND GET THIN

With Motivational Speaker, Lightworker and Hypnotist Irina Benoit

Learn how to lose weight and keep it off by changing the way you think

- Do you feel out of control when it comes to food?
- Have you tried all the pills, diets and exercise programs only to put any lost weight back on again over time?
- Do you feel that your weight is holding you back?

Then this life-changing 2 day event is perfect for you!

Register now and receive your free Personal Success Journal & Weight Loss CD
as our contribution to Your success

When: September 18 & 19, 2010

Location: Mennorode conferentiecentrum™, Elspeet

To register: contact Leonie van de Belt at info@elenya.nl
or call 06 - 53 27 96 83

Workshop value: 260 euro

By the end of this transformational workshop you will achieve:

- **Freedom from Emotional Eating** - which is the number **one** reason for being overweight
- **Eating Consciously** - overcome self-sabotage, and comfort yourself from within your own mind
- **A healthy attitude towards food** – program your mind to eat only when you are physically hungry and to stop when you are comfortably full
- **Control over what you eat, when you eat and how much you eat**
- **Let go of cravings and late night eating** – become naturally attracted to healthy, nutritious food
- **Champion a new, positive self-image** – support and love yourself for who you are while becoming the person you always wanted to be, emotionally, mentally and physically



For success stories and more information:

LastingChangeHypnosis.ca/events