



**Relaxation      Energy      Confidence      Control**

Do these words describe how you would like to feel? Is your weight and lifestyle keeping you from getting there on your own?

## **Seven Keys to Weight Loss Mastery®**

That's why Positive Changes Hypnosis® has developed the Seven Keys to Weight Loss Mastery program. Learn to overcome the seven common weight-loss mistakes, eat and think healthy, overcome your cravings and increase your self-confidence! Learn to make mental and behavioral changes for a lifetime!

In our programs, you'll learn how to lose weight through changing your lifestyle, one step at a time. Hypnosis can help you subconsciously alter your habits and the way you live.

### **Personal Hypnosis and Hypno-Coaching Sessions**

During each of your personal sessions, our certified professional hypnotists will work with you to determine what specific area you would like to work on in your hypnosis session. They will then *create and record* a personalized hypnosis session for you to take home for reinforcement. These will help you deal with food cravings and change the way you look at eating and exercise. In addition, our certified Hypno-Coaches will help you refine and target your goals making them easier to reach than you ever thought possible.

### **Hypno-Acceleration® Sessions**

Positive Changes founder Patrick K. Porter, Ph.D., has created specialized Hypno-Accelerations, designed to help you realize and achieve your goals through lifestyle change. His creative visualization processes are intended to help you achieve better health through hypnosis.

### **Hypno-Health™ and Mind Mastery Classes**

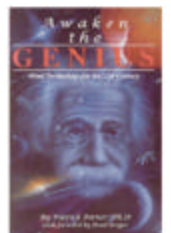
We also want Positive Changes to benefit you long after you've completed your program. That's why we provide Hypno-Health and Mind Mastery Classes. In these classes, you'll learn to use your mind to overcome roadblocks that halt lasting success. Each class you'll receive a lesson followed by another Hypno-Acceleration to reinforce what you just learned. There are no limits to where your mind can take you, and these sessions will help you get started.

### **Personal Evolution Hypnosis Conditioning Kit (Starter Kit)**

This step-by-step blueprint gives a specific outline of how to achieve your ultimate goal and live a happier more enjoyable life, in just minutes each day.

### **Awaken the Genius Book**

This book was written by the Founder of Positive Changes Hypnosis. It is quite simply what Positive Changes believes to be the most effective human development book ever written.



Do you dream of being physically fit?

Yes.

Have diets failed?

Yes.

That's why we're here.

Personalized hypnosis sessions and Self-Hypnosis lessons to help you:

- Gain control over food
- Conquer cravings
- Increase self-confidence
- Boost your energy



**PositiveChanges®**  
HYPNOSIS CENTERS

Yes, It Works.