



Struggling With Weight Loss.... Break Hidden Patterns, Take Back Control

Mary Winn, LCSW, CHt, RRT / RTR - *Therapy with Mary*

Jean Fain, Harvard Medical School psychotherapist, states that adding hypnosis to weight loss programs can help you lose more weight and keep it off longer.

Hypnosis can provide the extra motivation and determination to keep you moving in the direction of your goals, and help you escape the many food traps that can cause weight gain.

Hypnosis for weight loss is the perfect tool for re-educating your unconscious mind - the part that creates cravings and impulses - to give you back real choice in what you eat. You know that a real and permanent change in your weight only comes with a change in lifestyle, not through fad diets that you can't possibly keep up over the long term. This can be accomplished with hypnosis far more quickly and easily than you ever imagined possible.

Why is hypnotherapy so much more effective than just dieting alone?



Because it lifts you out of a double bind. On the one hand, faddy dieting and unnatural calorie restriction actually causes your body to store fat more effectively, and create cravings for high-calorie, un-satiating foods.

In addition, feeling 'deprived' on a daily basis is eventually going to drive you to bingeing and rebellion, no matter how strong your self-control is. In short, hunger always wins in the end.

Break the patterns and habits of poor or over eating and take control of your hunger and weight.

By taking a psychological approach with hypnosis, you are dealing with the hidden patterns behind poor eating and over-eating at the same level as they occur - deep in your unconscious mind. That's why it's so much more effective. Taking control back and giving your body the foods it needs will make maintaining a healthy weight natural and easy. Imagine what it could feel like to no longer experience the cravings associated with behavior patterns and poor choices.

Exercise, with your doctor's approval, is another important component to weight loss and a healthy body. Imagine finding yourself becoming the kind of person who actually enjoys exercise, as you notice how hypnosis can provide powerful exercise motivation to keep you moving with enthusiasm.

With hypnosis, you will learn how to achieve your weight loss goals, how to eat healthy for life and how to maintain your desired weight to stop the yo-yo effect.

If you'd like more information, or wish to make an appointment, please call the office at 561-598-8585, or cell at 561-234-6778, or visit www.TherapyWithMary.com.

Therapy with **Mary**

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