



No Time to Waist--Powerful Hypnotic Weight Loss Secrets You Need to Know

Drake Eastburn

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This is an entire weight loss program including the book and 6 CDs for optimum success! To see Drake Eastburn in his office you would pay a minimum of \$500, but you can experience the benefit of his time-tested Weight Mastery Program for a fraction of that cost! No Time to Waist may be used as a stand-alone program or as a powerful enhancement to Weight Watchers, Jenny Craig, NutriSystem, SlimGenics, Southbeach and others. Everyone understands that to achieve optimum weight and maintain it we need to eat less and exercise more, right? It sounds so simple, and, in fact, it IS simple; just an uncomplicated, easy-to-comprehend formula: eat less and exercise more. So why is something so theoretically simple often so difficult to put into practice? Why, time and again, do we set reasonable goals for ourselves, only to find our resolve crumbling, our motivation dwindling and our desire to enjoy a lean, trim and healthy body being thwarted? Why do our best intentions to lose weight seem to self-destruct? The answer to these questions lies in the subconscious aspect of our own minds. The source of all the behaviors we experience at the conscious level, in other words, the very fabric of our lives, has its origins in the subconscious, and it is especially important with issues of weight and body awareness to look deeply into that source and discover why a premise that is apparently so simple as eat less and exercise more becomes so exceedingly difficult when we put it into practice. Sometimes even the most trivial-seeming incident from our childhood has made an indelible impression at the subconscious level that is even now having direct impact on our inability to lose weight. For instance, if we were urged to clean our plate at the age of five, we may still find ourselves doing just that as adults, and not even know why we do it. Perhaps we endured hardships or some form of abuse as children and we learned to comfort ourselves with food. If so, we may be continuing to use this type of comfort, even after the hardship or abuse has faded from memory, and we are successful, responsible adults. Most eating patterns, when analyzed, turn out to be nothing more than habits learned in our younger years, and those habits are embedded at the subconscious level where we are seldom, if ever, aware of their existence. Not all our wishing, hoping, dieting or good intentions at the conscious level are going to make anything but a temporary difference in our ability to lose weight and keep it off, as we can easily see from the frustrating yo-yo syndrome, and the abject failure of even the most fashionable diet systems. Even these sometimes-successful plans and weight control systems work only for a limited time and then, inevitably the weight returns. Why? Because these plans don't indeed, they CAN'T help us make permanent changes in the life-long habit patterns that are virtually ruling our lives from the region of the subconscious. The tremendous value of hypnosis, then, is in its unique ability to give us access to our own subconscious minds and let us actually become aware of the events that have given rise to our habitual behaviors. Knowledge is power. When we know why we are doing something, we become empowered to change it. And here again hypnosis demonstrates its worth by offering the single most efficient way to promote behavioral change by direct suggestion virtually planted in the fertile ground of the subconscious mind. Embedded there, at our most sensitive and imaginative level, the phrase I eat less and exercise more stops being just some good idea and instead becomes a powerful motivating force, integrated into our belief system a Truth upon which we are inspired to act at the conscious level. Do you want to master your weight once and for all? Studies show HYPNOSIS WORKS!

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