

# Quick Tips to Permanent Weight Loss

By

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## My Story



In 2009 I had ballooned to 113kgs (249 lbs) at my heaviest. Being overweight is something I had struggled with for a number of years. In particular when you get to a certain age in life it seems really easy to put on weight. For me it was in my late thirties and into my forties that I started to struggle more with maintaining a healthy weight. I tried everything to lose weight and failed over and over again. Each time I would try and lose weight I would fail and was more likely to get heavier. The more depressed I became about my weight the more I ate to relieve the depression! Of course that just resulted in me getting heavier and even more depressed.

I was eating all sorts of junk food - cakes, chocolates and treats of all kind. I had developed a habit of eating chocolates and crisps on the way home from work. When I would get home from work I would eat my dinner and go back for more and essentially eat two dinners. I would then eat a desert followed by tea and biscuits or cake.

I had failed to control my weight so many times that I had given up on my ability to control my eating. I felt like I was out of control and had no power over myself. I felt I could never lose weight. I also remember at that time not being really aware of how overweight I had become. I would try on clothes and they would feel small. I would try extra-large sizes and the clothes would be tight. I reasoned to myself that the manufacturers were not making clothes like they used to. It was not me that was getting heavy but the clothes which were being made smaller! Needless to say that I did not weight myself very often so I was not really aware of my weight.

*(Note: I later started using a very useful free smartphone app to record my weight called 'Simple Weight Recorded'. If you record your weight every few days then you can use the app to keep track. It produces a very good graph of*

*your weight over time. We can delude ourselves as to our real weight so recording weight is an excellent habit to have.)*

## Learning Self-Hypnosis

At around the time I was overweight I saw an advert for training in self-hypnosis. I was always interested in the mind so I decided to do the course. I had no clue before I started that hypnosis could be used for weight loss or what it was all about. I remember attending my first class and being nervous about hypnosis. My only exposure to hypnosis was stage hypnosis on TV where I saw people being ‘controlled’ and made do strange things by the hypnotist. I had a lot of misconceptions and fears about hypnosis.

During the self-hypnosis course we were taught how to relax and go into a trance state. There were two main examples provided on the use of self-hypnosis. The first was weight loss and the second was how to stop smoking. We were given a self-hypnosis CD on weight loss. The instructions were to listen to the CD every day for 21 days. I listened to the CD every day and a strange thing started to happen. I started avoiding fattening foods, reducing the amount I was eating and started taking exercise. I started to lose weight easily and naturally without forcing myself.

Through self – hypnosis I was developing a new self-image as a fit, healthy and slim person. It just seemed natural that I wouldn’t overeat or not exercise.

On average I started losing about 1 Kg (2lbs) per week without any effort. I had no cravings for fattening foods or treats like chocolate. I would no more feel the desire to eat a cake or a chocolate than eat a cardboard box! These were things I was addicted to eating before. I was now much more interested in eating fresh fruit and vegetables – natural healthy foods. As a result of hypnosis my weight dropped naturally from 113kgs (249 lbs) to 86kgs (189lbs). I lost 27kgs (59.5lbs) and kept the weight off! This happened over the period of a year or so. Losing weight was easy and natural and was not forced in any way. The weight loss as a result of using self-hypnosis was sustainable. I was not forcing myself to avoid fattening foods – I simply had no interest in them. Now I know that all I need to do to lose weight is to listen to my self-hypnosis audio. I have no issues any longer with weight. I know I can lose weight easily if I choose to do so. I am back in control of my eating!

Another benefit from the weight loss self-hypnosis is that I took up running. The self-hypnosis audio contains suggestions not just on diet but also on exercise. I went from not being able to run at all to being able to comfortably run a half marathon (21 kilometres or 13 miles). I completed the Slieve Bloom Run in County Laois, Ireland a tough mountain course in 2014. I had a hugely enjoyable day out. I have since run a number of other half marathons and now enjoy running about 3-4 times per week. It's a great feeling to be a good example to my children on proper diet and exercise.

I enjoyed the self-hypnosis course so much that I decided to go on and train as a hypnotherapist so that I could help other people as well. When I see others who are struggling with weight issues I empathise as I know how trapped they feel. I was there myself but discovered the way out using self-hypnosis. I found that overeating was not due to hunger but to fill a void in my life. Perhaps I was stressed or bored when I was over-eating. Once I had a new self-image of being a healthy and slim person using self-hypnosis my actions (eating properly and exercising) matched that new self-image.

When I see people now who are overweight I know what they are going through and I know I can help them. The problem is that they are unaware of where the solution lies. They think the solution lies in willpower and self-discipline. It does not. The solution lies in changing the mental image of yourself from an overweight and unhealthy person to a healthy and fit person.

Today as a practicing clinical hypnotherapist I have great success with my clients helping them lose weight. The only thing people need to do is have faith in the process and just do the hypnosis sessions. When you switch on a light you don't have to understand or believe in electricity for the light to work. The same way with hypnosis! You just have to do it for it to work even if you don't understand why it works. Hypnosis also works in a very gentle and subtle way. For example I had a client who was addicted to chocolate. In hypnosis I asked her to think of something disgusting (men in cars picking their noses – sorry 😊). I asked her to associate similar feelings of disgust with her eating chocolate. The following week I asked her if she had eaten any chocolate. She replied that she had not. I asked her why not and she said she

just didn't feel like it! Her subconscious mind had linked eating chocolate to something revolting so she simply wouldn't want to eat it! This change happened subtly but she was not fully aware of the change consciously.

## Benefits beyond Losing Weight

The great thing is that the same skills you learn to lose weight can also transform your life in other ways. You learn how to programme your mind for success. Self-hypnosis can be used in to improve so many other parts of your life. For example, you can use self-hypnosis to become more confident, or to overcome fears of speaking in public. Losing weight also gives you assurance that you can achieve any other goal you set as well. Losing weight is a tough goal and you prove that you can win against yourself. The great Greek philosopher Aristotle said that *"I count him braver who overcomes his desires than him who conquers his enemies; for the hardest victory is over self."*

## Why willpower is overrated

Forcing yourself to stick to a diet likely to fail. It's like pulling apart an elastic band. When you get tired the band will return to its original shape. We all have finite amounts of willpower and research has shown that willpower gets used up. The side effect of putting too much stock in the idea of willpower (4 o'clock doughnut equals catastrophic failure) is what obesity researchers call the **"What the Hell?" effect**: As soon as you eat something you think you shouldn't have, you figure you've lost the battle for the day and might as well eat what you want. With self-hypnosis you are not trying to force yourself not to eat the doughnuts because you simply couldn't be bothered with them. You would much prefer a nice piece of fresh fruit!

## Why I failed to lose weight for so long

I realise now that I failed to lose weight because I simply didn't understand how my mind worked. I was relying on willpower and due to the stresses of life my willpower was regularly exhausted and I would head to the fridge for comfort.

## Why you should stop blaming yourself

The problem is not that you lack self-discipline or willpower but that you lack knowledge (until now!). Stop blaming yourself for being overweight or overeating and take action. Download the FREE Self-Hypnosis Audio below and listen to it as instructed. This is the audio I used to turn my life around and lose weight. It is my gift to you. Remember if you don't take action your circumstances will not change.

*“Faith is about doing. You are how you act, not just how you believe.”*

*Mitch Albom*

## In Conclusion

Self-hypnosis is a very effective and natural method for weight loss without having to diet. There are absolutely no side effects and from my own personal experience you can easily lose about 1 kg per week (2 pounds/week) in weight without much effort. Just remember: Don't practice self-hypnosis when you are driving a vehicle or operating machinery. Only practice self-hypnosis where it is safe for you to completely relax.

**As a special extra bonus I am including a special Free Gift** - the exact self-hypnosis recording I used to lose weight. If you want to programme your mind for success in weight loss, listen to the audio every day for 21 days (if you miss a day here or there it's not a problem).

**Remember:** You don't have to believe in or understand how electricity works to be able to switch on a light and for the light to come on! You also don't have to understand how hypnosis works or even believe in it to use it and for it to work for you. Just do it and follow the directions and keep doing it for the 21 days. Trust that it will work and you will experience the results for yourself.

[Link to Weight Loss Free Self-Hypnosis Audio Download Page](#)

If you would like a hypnosis consultation for weight loss or if you have any questions you would like to ask me about this report please get in touch with me in complete confidence: [tcarroll@lifeisalaboratory.com](mailto:tcarroll@lifeisalaboratory.com)

Thank you and I wish you every success!

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