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The Seven Day Self-Hypnosis Program

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Table of Contents

Why Self-Hypnosis?
What Is Self-Hypnosis?
How Will Self-Hypnosis
Help You Lose Weight?
The Subconscious Mind
Self-Hypnosis
The 7 Day Program For Weight Loss
The Limitless Power Of The Mind

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Chapter One

Why Self-Hypnosis?

1.1: Understanding the process of change.

For most of us, there is plenty of room for self-improvement. Hardly any person we meet in our day-to-day lives is satisfied with what he or she is. Many of us do not even know what is wrong, but there is always a vague sense of ill ease, discomfort, and dissatisfaction. Most people leave it at that and continue to live a hollow life that has all the trappings of happiness. They do not have the time or the interest to plumb the depths of their minds.

I congratulate you for being different. You have definitely gone through the painful process of introspection and feel that changes need to be made. To come this far is, in itself, laudable. Not many have such courage. Often, we are so busy with the painful complications of survival that we do not have energy left for anything else. We don't even think about what we want. That is why the first process in therapy is to answer one crucial question: "Are you sure that what you are doing now will get you where you want to go in life?" Is this what you really want? For any change to take place, the desire to achieve it should be high. Often, it is only this desire that keeps us stubbornly on course.

Once you have identified what it is that you wish to achieve, there are still many obstacles on the way. The mind is a very powerful manipulator. The process of bringing about a change involves a number of steps. The first step is to conquer the mind. This initial stage can therefore be called "avoidance". It is the stage when the problem becomes crystal clear, but the mind refuses to deal with it. We effectively shut out the rational mind from pondering the problem. When we do not think about a problem, the need to look for a solution also disappears. In short, there is no serious INTENTION to change. We often come up with many excuses for this, including lack of time, lack of resources, monetary problems, and so on.

The next stage is called "contemplation". This is probably the frame of mind that has pulled you to this book. You have become aware of the problem. You are convinced that things need to change. But, you have not decided

The Seven Day Self-Hypnosis Program

exactly how to go about it. The destination is somewhat clear, but the route is not. And the mind is plagued by various questions. Topmost is whether the entire process is worth the effort. This is the time when you weigh the pros and cons of changing. Many people stagnate in this stage for far too long. This is when most overweight people decide that they just cannot go through with it. This is also the stage when one loses self-esteem.

Self-esteem refers to a person's own perception of his self-worth. When you know that something needs to be done and you are not able to take the necessary steps, you have become a slave to your own fears and your lack of will power. Your self-esteem takes a huge beating. Your apathy mocks you incessantly. People with low self-esteem have already taken many beatings at an emotional level. This is just one more failure that hardens their low self-esteem.

In order to actualize the change you have envisioned, it is necessary to move on to the next stage. This stage is called "commitment". There are two sub-stages involved here. The first is "planning", and the second is "action". The "planning" stage makes a lot of difference to the entire process of change. It is here that you will actually chart out the path you have to take to reach your goals. Proper planning through intelligent observation and analysis can make the whole thing very easy. For instance, a person who wants to lose weight may decide to join an aerobics class, or a yoga class, or just join a diet program. The effectiveness of your planning decides how soon and how easily you will achieve your goal.

The last stage is the "action" stage. This is when the plans you have made are actually put to test. You reap the results and this keeps you motivated. If the methods you follow are not good enough, this stage becomes so hard that it is almost a punishment. Imagine standing on your bathroom scale with an empty, growling stomach and painful muscles but STILL finding the same weight in the reading. When the results are not up to your expectations, the motivation dies off slowly and you may go back to the "contemplation" or, worse, the "avoidance" stage.

These are the common pitfalls that most people face when they try to bring about a change in long-established behavioral patterns. Understanding these steps will greatly help to identify where you are getting stuck. I also want to point out how important planning and techniques are when you want to achieve certain goals that seem particularly difficult.

1.2: Why self-hypnosis?

When you have successfully reached the "commitment" stage, you will begin to appreciate the need for extensive self-control. You will need to know when changes are taking place and what barriers stand in your way. You will also face frustrating and heart-breaking moments when all that will keep you forging ahead are self-help and self-motivational techniques. Let's face it: the mind is the biggest impediment as well as the greatest strength. Once we are able to garner our complete commitment and enthusiasm towards a particular cause, it is as good as achieved. Then the question is not "Will you achieve?", but "When will you achieve?".

Just consider the huge number of us that cannot even initiate change. For example, it is commonly believed that 55 % of smokers are in avoidance, 30% are in contemplation and a mere 10% are ready for action. The statistics are even worse when it comes to losing weight. Why is this? Many times, the mind is so opposed to change that it will throw up all kinds of impediments. Many thoughts stop us cold in our tracks. Fear - fear of pain, failure, criticism, disapproval, rejection, and difficulty - kills one's will to change.

Losing weight is perhaps the most popular change that people want to achieve. It is also the most difficult. When it comes to achievement, only 6% of people are able to lose at least 10% of their body weight and only 8% are able to keep this weight off. This shows how difficult it is for the average person to lose weight. Most people go on yo-yo diets for years and NEVER achieve success. Remember, these are the same highly successful, brilliant people who are at the forefront of their respective professions. You will find courageous men breaking out into sweat when they speak about their forays into the world of weight loss. Women often swear that they have tried just about EVERYTHING, but the scales just don't dip!

Given the fast-food culture and endless rounds of parties that make up our daily life, people become fat right from their infancy. They carry oodles of additional fat all through their lives and march roly-poly to their early graves. Even awareness of the danger that they are in does not make much of an impact. Most people are helpless anyway. Losing weight requires more will power than just about anything else in this world. Slimming down

The Seven Day Self-Hypnosis Program

substantially and then keeping it off requires a complete change in lifestyle. Many of the much-loved things and comforts will have to be forsaken. New habits and new likes will have to replace the redundant practices. This is, in itself, a major challenge. Not many proceed beyond this.

Given below are some of the fundamental behavioral changes that help to initiate weight loss:

- Changing the type of food that one is accustomed to for a major part of one's life
- Changing the pattern of eating (again, this is a habit that a person has developed over the years)
- Changing portion sizes (this is perhaps the toughest of all)
- Doing exercise and other physical activity

Making even one of the above changes needs a lot of grit and determination. Imagine a person who loves rich chocolate cakes having to do with salads and crackers. Most people may successfully conquer boardrooms. But they lose the battle with their palates. Resisting rich food is something that most overweight people just cannot bear to do. Wafers, potato crisps, burgers and soft drinks are so much a part of our lifestyle that replacing them with fruits, salads and whole grains is not only boring but almost painful. A person who is accustomed to consuming whole buckets of ice cream will suddenly have to turn his hungry eyes away. Believe me, the strongest of us cannot say "no" to our taste buds and our stomachs.

Keeping oneself within the stipulated portion size is another long drawn out battle. Most people are used to eating till they FEEL full. There is a BIG difference between feeling full and eating enough. Did you know that the brain takes almost 8 minutes to signal that feeling of fullness to us? Most of us eat so fast that we have already stuffed ourselves like crazy within those crucial minutes. Once a person starts a diet, he has to conscientiously stick to the new portion sizes. This means going with an empty feeling for the major part of the day. This can be excruciating during the first few weeks. Having to go hungry for the better part of the day, every day, for many months is a sheer test of will. Something will have to give!

The Seven Day Self-Hypnosis Program

Exercises are an important part of losing weight. How many times have you thought to yourself that you will start exercising from the next week, the next month or perhaps the next year? This is perhaps the most made-to-be-broken New Year's resolution ever. And if truth be told, it really is not very easy to drag yourself to the nearest gym or club and start walking on the dreadful treadmill. At least not till it has become a habit. Again, your will and determination is put sorely to the test.

An interesting part of losing weight is what is called "hitting a plateau". This is that stage when you have lost a number of pounds, but then seem to get stuck suddenly. You are doing it all - eating less, exercising like crazy, and drinking lots of fluids. But the scales just don't budge. They stubbornly stick to the same figure. Things were going quite well for those first few weeks, but suddenly your body gets smart and decides to pull a fast one on you. Frustration really peaks at this stage. There is some yummy dessert waiting just round the street. This battle can break even the strongest will.

In a nutshell, the one big resource that a person needs to make such a major change is an iron will. Sheer strength of mind and bullheaded determination over an extended period of time are the only keys to successful weight loss. When it comes down to the brass tacks, it's all in the mind. If you can continue to motivate yourself through the ups and downs of this harrowing battle, you will succeed. But that is easier said than done. This fact is proved by the millions of men and women who have lost weight sporadically, only to pile it all back.

So, how does one keep the mind on the right track? The first kilo is the easiest to lose. From there, the task becomes more and more difficult. The toughest part is to keep up the good work even when nothing seems to be happening. This is where mind-control techniques come in. Positive thinking and support clubs all have their own importance. But in the end you have to win a daily battle with your mind. Where do you get the resources for such a long drawn out battle? If you are serious about losing weight, even a small lapse may pull you back into the morass of indulgence.

What if you were to get a scientifically tested and proven method that will completely discipline your mind? All you need are a few simple tools and a few minutes of peace and quiet. These simple procedures practiced on a daily basis will equip your mind with enough strength to bring about the necessary changes. The procedure I am going to introduce is something that

The Seven Day Self-Hypnosis Program

basically uses your own ability to control and manipulate. And all you need is just 7 days - 7 days of practice and you will be well on your way. There will be no turning back after this. It is my experience that most people will do anything if they believe it worthwhile. You will be using this procedure to convince yourself that it IS worthwhile to lose weight.

Please don't expect to become a hero in a day. That famous model whose picture hangs on your wall will still be an object of desire and envy. You will definitely not become Superman. This is not magic, and magical results are not what I promise. But the good news is that if you work on this procedure for some time, you will find that your entire thought process has changed. Using this method you can conquer anything that requires an effort of will. This procedure is all about strengthening and building your will. Once your will is strong enough, nothing can stop you. Your body grows healthier and stronger when you eat the right food. So also, your mind will become stronger and more resilient when you practice these simple techniques. Remember, most changes that we seek to make are often defeated because we cannot follow through. Now, here is a sure fire method that will give you no choice BUT to follow through. You are helpless. You just HAVE to eat less, exercise more, and become slimmer! You have finally defeated that in you which holds you back.

Does it sound impossible? Too good to be true? Let me assure you of the amazing power of this technique. Many people can believe it only after they experience it. People have been regularly using these techniques to quit smoking, chuck an addiction, improve relationships, get better sleep, etc. The yogis in ancient India have been practicing this for millions of years. Corporate offices hold courses in this technique and encourage their employees to practice it. Such companies have shown outstanding employee productivity after the course was introduced. So, what is this technique? Welcome to the powerful world of self-hypnosis.

The Seven Day Self-Hypnosis Program

End Of Chapter 1.

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The Seven Day Self-Hypnosis Program