



weight management psychology  
**A Fresh Start Hypnosis**

Combining cutting-edge weight management research, expert clinical experience from his specialist practice, and pioneering state-of-the-art hypnosis techniques, Glenn Mackintosh brings you *A Fresh Start Hypnosis*. The session was developed for people who have had a challenge with weight management in the past, who want to draw a line in the sand, turn over a new leaf, and have a new beginning, freeing themselves of a past history to succeed in the future – using the power of hypnosis!

Wait for a time when you really feel like making a fresh start. Find somewhere comfortable and quiet, listen to the session once through stereo headphones, and you will feel more completely free to reach and maintain the most healthy, comfortable, and attractive weight that is just right for you.

A Fresh Start Hypnosis uses powerful hypnotic techniques that can be highly relaxing in a short period of time. While being relaxed, it is important to remain awake during this session. To help you remain relaxed and awake during this session, you may choose to (a) Turn the volume up (b) Sit rather than lie down (c) Listen in a light place instead of a dark one (d) Listen at a time of day when you are most awake or (e) Keep your eyes open. If you have found during the session you have fallen asleep rather than becoming pleasantly relaxed, feel free to listen to the session again.

*Enjoy your fresh start.*