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How to Kick the Diet Habit and Lose Weight with Hypnosis with Virginia Arnold

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Get Over Your Body & On With Your Life

with Rhonda Britten

We hate the shape of our bodies. We worry about cellulite, sagging and sex. As a life coach on the daytime reality show *Starting Over* and bestselling author of *Fearless Living, Fearless Loving and Change Your Life in 30 Days*, Rhonda Britten has helped countless women befriended their bodies; first by accepting what they see in the mirror, and then empowering them to make healthier decisions about their weight. If you are ready to take back your body and take back your life, attend this one-time event with Rhonda Britten and get ready to love your body!

Register Now!
April 11, 2006

New York Classes: Course 387VNY Section A

If Every Diet Works, Why am I Still Fat?

Every diet claims to work, so why are you having such a hard time losing weight? It's not your fault...and you aren't alone. Diets, by nature, don't seek to solve the cause for most weight gain. While you're punishing your body, trying to drop those extra pounds, you should be reprogramming your mind for health, happiness and weight loss. You can do it with help of hypnosis and guided imagery.

Learn:

- Why every one of your diets has failed
- What hypnosis and guided imagery really are
- How hypnosis and guided imagery work for weight loss
- The basic steps of self-hypnosis.

Plus, you'll experience a hypnotic and guided imagery session in-class. Get started on your road to weight loss that night!

NOTE: To aid in visualization, bring a photo of yourself or someone you admire, at your desired weight.


Virginia Arnold is a corporate consultant, hypnotist and instructor certified by the National Guild of Hypnotists. She's the Founder of Visible Achievements, LLC and co-Found of the Center for Visible Achievements and Guided Imagery Works.

Course 387VNY, Section A
Tuesday, April 18, 2006 from 06:45 PM to 09:30 PM
Location: Manhattan

US \$ 49.99 / \$ 44.99 Members

Discount Applies: Take 5.00 off this course for enrolling on the web!

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You can also register by calling the New York office at (212)



[More Information](#)

387VNY: How to Kick the Diet Habit and Lose Weight with Hypnosis
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