

## Each CD contains the following tracks:

|         |                      |   |
|---------|----------------------|---|
| Track 1 | Introduction         | explanation of CD contents.                                 |
| Track 2 | Hypnosis Explanation | provides understanding of hypnosis.                         |
| Track 3 | Self Hypnosis        | how to use positive self-talk to achieve wonderful results. |
| Track 4 | Hypnosis             | actual hypnosis and appropriate therapy.                    |

### WEIGHT LOSS

Specifically designed to focus on not only weight loss but weight management. Taking the pounds off and keeping them off through healthy eating choices.

### STOP SMOKING

Helps those who would like to focus on eliminating the need to smoke. This CD focuses on helping you become a **NON SMOKER** instead of an **EX SMOKER** with no cravings.

### DEEP SLEEP

Do you have trouble getting to sleep? This CD guides you through a relaxation so you drift into a peaceful sleep. Learn how to turn off head chatter and go to sleep.

### MOTIVATION

Are you a procrastinator? Do you have trouble getting started towards a more healthy life? Do you want to eat better and exercise more? This CD will get you on the right track and keep you there. You will feel energized and eager to start each day.

### LIFE COACH

We all have the potential to change and create our ideal life. This CD allows you to become your own life coach and helps you re-write your life plan.

### SELF-ESTEEM

This CD builds your confidence and allows you to believe in yourself. It helps you to think positively and realize your limitless potential.

### IMPROVED MEMORY & STUDY HABITS

This CD increases your capacity to retain information, giving you more confidence when studying and writing exams.

### STRESS MANAGEMENT & RELAXATION

This CD focuses on helping you to relax and handle situations in a calmer manner. You are able to look at stressful situations in a different way.

### CUSTOM CD

I am also able to make a CD customized to address your individual needs. The price of this CD varied depending on the subject matter. Topics include: **EXEMA, ANXIETY, NAIL BITING, PUBLIC SPEAKING, FEAR OF FLYING, LEAVING THE PAST BEHIND, SELF-UNDERSTANDING, BREAKING OLD HABITS, SPORTS PERFORMANCE**, plus many more.