

## WANT TO LOSE UP TO 15 LBS A MONTH?

***“Yes, How Would You Like To Eat As Many AS 6 TIMES A DAY – and still watch your weight tumble 8, 12, even 15 pounds a month?”***

Did you know that diets have a 90% failure rate?

As you read this, start to imagine what it would feel like to lose a stone. Or your first few pounds - and eat what you want? If you're like most people, you already know those diets that insist you exercise don't work. Nor does depriving yourself when you are hungry.

Imagine burning off those extra pounds. As you read this brochure, think about how good you'll feel to see real results. And you'll sink deeper and deeper into knowing that the time to act is NOW.

Would you like to eat less, stop binging, break cravings - and easily establish positive new habits? You can even learn to develop increased motivation to exercise.

Imagine fitting comfortably into your clothes again. And feeling better than you have in years.

Please feel free to contact me if you have any questions. I would like to hear from you. When you attend your advanced hypnotherapy sessions, you will discover why so many people get excited and *tell their friends and family* about them.

## CLIENT TESTIMONIALS

*“I've been losing 2 lbs every week since I started. I am feeling much more confident and positive in my ability to lose weight. I was surprised that even after only 1 session new habits were beginning to form.”*  
- Julie Joannou

*“Since I first started coming to see you I have now lost a stone in weight but more importantly for me I managed to get through an incredibly stressful time over the last few months without binging.”*  
- Lisa Brown

*“I'm not a gullible person. Normally my will power would have gone by now but I'm in my fourth week, I don't feel like I'm on a diet and I've lost 10lb without any effort. “He suggested I'd refuse junk food and eat healthier. My weakness is cakes but I found I didn't want - Helen Caudle.*

*“Hi Richard...I just wanted to let you know that I have already noticed better eating habits since seeing you. I've amazingly started to eat the fruits and veg that I didn't like before. I even managed to eat a tomato. I even stopped eating crisps and chocs, which were my downfall. In fact I can't stand them anymore! I've started exercising and generally feel better. Thank you!”*  
- James Llewellyn

**I was referred to Richard by**

.....

## Richard Haggerty BA (Hons)

Certified:-  
Master Hypnotherapist,  
NLP Master Practitioner,  
NLP Trainer,  
Life Coach

Based in Cardiff

***AS FEATURED IN THE SOUTH WALES ECHO, THE WESTERN MAIL & ON BBC RADIO WALES***

# HYPNOSIS

**TELEPHONE**  
**02920**  
**193978**



[www.HypnosisCardiff.co.uk](http://www.HypnosisCardiff.co.uk)

## WHICH OF THESE COMMON WEIGHT LOSS PROBLEMS DO YOU RECOGNISE?

- Overwhelming cravings for sweet foods
- Feeling bad about your body when you look in the mirror
- "Worrying" about another failed diet
- Feelings of failure at attending yet another Slimming Club
- Every day of dieting you fight "hunger pangs" and starve yourself till you give in
- Regular binges on junk food
- No belief that you can be slimmer
- Comfort eating - and rewarding yourself with food when you feel lonely
- When you think of weight loss, it means pain and not enjoying yourself
- No motivation to exercise, and you hate the gym
- You are getting fatter, with no end in sight
- Your confidence has taken a knock
- Weight has been steadily creeping on your over the past few years
- Now is the time to ACT: enough is enough!

"I stopped smoking and feel so much happier. Since seeing you Rich, I've also rekindled a sense of childhood playfulness and ability to have fun that I thought I had lost. My overall sense of relaxation is much increased, so have my happy feelings and ability to focus. I just don't have that sense of tension in my stomach that always seemed to be there any more."

- Mel Plati, Artist, [www.melaneia.com](http://www.melaneia.com)



### What Else Can I Help You With?

You'd be surprised how many things hypnosis can help you with: Comfortable childbirth, fears, confidence, self-esteem, nail biting, interviews, and anxiety/stress.

**Call Now on  
02920 193978**



## HOW CAN HYPNOSIS HELP YOU?

Hypnotherapy is a powerful, proven way of helping a wide range of problems. It could assist you in burning off extra fat and building confidence.

You don't realise it yet, but booking hypnotherapy may be the best thing you have ever *felt motivated* to do. As you look back with increased confidence and a sense of wellbeing, imagine how incredibly valuable your hypnotherapy sessions have been.

As well as helping you lose weight, hypnosis can also help you build strong self-esteem, quickly and easily. Picture yourself fitting comfortably into a new outfit or smart suit, and *feeling confident* in front of friends and colleagues.

You're probably wondering whether you can go into a trance. Fact: you already can! Just remember a time when you have started to daydream, or lost yourself in an exciting film. And it'll become clear how many times you naturally *enjoy going into trance* each day.

You have nothing to fear from hypnosis and everything to gain. You are always in control. I create a calm and comfortable setting where you are *naturally motivated* to make the changes you want.

Now, I can almost hear your mind saying, "I am interested in finding out more. What should I do now?" Call now on 02920 193978 in confidence for a free informal chat and to ask any questions you have. I would like to hear from you.