

Living Well With Linda
Certified Hypnotist & Wellness Coach

Issue # 11

April 7, 2009

How Do You Practice Self-Hypnosis to Achieve Success?

I'm back home in Baton Rouge, LA after spending 16 glorious days with my Mom and sister, Janell, in Suffolk, VA. Mom was so proud of her 90th birthday and told every one she met about her special day. It was great to be with my family. My only disappointment was we had to cancel our trip to Nags Head on the Atlantic Ocean, due to bad weather. YUCK!

This is a picture of me at a recent American Business Women's Association luncheon at Juban's restaurant. I am in the center, Kim Callegan is on my left, and Carol Frazier is on my right. I really enjoy networking with this wonderful group of business women every month.

I do hope you enjoy this month's article as I know you can achieve success and attain their goals through self-hypnosis IF you truly want them!

Love and hugs,
Linda

Linda's Healthy Lifestyle Tips

How Do You Practice Self-Hypnosis to Achieve Success?

One of the theories from research conducted at Stanford University about self-hypnosis (by the way, all hypnosis is self-hypnosis) states that it would take 18 months of constant reinforcement for you to make one single change in your life IF you did everything exactly right. That's eighteen long, arduous months on working on you at a conscious level. How tiring is that?!

That means one day at a time, for 540+days, you would have to do every action in your life correctly - without emotion, without anger, or without allowing any negative thinking to interfere with the process.

However, what the researchers also discovered was amazing. They found that through the use of visualization and imagery, which is literally self-hypnosis, you could make any change happen in just 21 to 28 days.

What does this amazing finding mean for anyone who desires to make a change **NOW**? It boils down to this: if you set the stage in your mind to create the change you desire and you rehearsed it day after day, you can literally take months off of your learning process and become who you want to be in as little as 21 to 28 days.

Let me tell you a true story which will support and show you exactly how this theory works in real life. There was a college basketball team that kept losing their games because they could not shoot their free throw shots. The coach brought in a sports psychologist and divided the team into three groups. The first group got more practice time on the court. The second group practiced the same length of time as they usually did, and the third group could not practice at all or even go to the gym.

The sports psychologist taught the third group, the ones with no actual court time, to use visualization. He told them to close their eyes and to imagine that they were making the perfect free throw shot every time they touched the ball. He had them make it as real as possible, incorporating all of their senses, i.e. was it hot or cold in the gym? Was it a large crowd or small? Was it quiet or loud? What were they wearing? Who were they playing against?

He then brought the three groups back into the gym to see which group had improved the most. Who do you think won the practice game? You guessed it - the group who used self-hypnosis and never even got to the gym to practice!

This group learned a **powerful secret** that most people don't know which is **your subconscious mind seeks to meet your deepest needs, desires, and expectations, and your imagination is more powerful than what is real.**

If you change the way you think, you will change the way you act. If you change the way you act, you will change the way you think. It's a win/win situation! You too, can discover (and harness) the power of practicing self-hypnosis by learning how to constantly give your

subconscious mind a picture of your ultimate goal, whether that be successful weight loss, stopping smoking, experiencing less stress in your life etc. Then your subconscious mind will do everything it can to help you succeed and achieve that goal.

Practicing self-hypnosis will allow your subconscious mind to accept new ideas without rejection. Here are some suggestions to incorporate the power of self-hypnosis into your life:

- * Listen to Self-Hypnosis or Positive Affirmation CD's for 21 to 28 days. You can purchase them by [clicking here](#).

- * Work privately with a hypnotist **or**

- * Check out my brand new ***Weight Off NOW Self-Hypnosis Home Study System™*** in the privacy of your own home to drop your unwanted pounds quickly and easily! [Click here](#) for more information.

No matter which method you choose to practice the art of self-hypnosis, I can guarantee you that you will achieve any of your goals much more quickly by adopting this healthy (and safe!) practice into your daily life!

Closing

That's it for this issue of ***Living Well With Linda*** folks. As always, I welcome your feedback and questions, so keep those emails coming!

Until next time, be well!

Love and hugs!

Linda

Linda Allred,
Certified Hypnotist and Wellness Coach for Women
P.O. Box 40187,
Baton Rouge, LA
70835-0187
www.LindaAllred.com

Linda@LindaAllred.com
T: 225-275-2451

Linda Allred, certified Hypnotist and Wellness Coach for Women, author of the **Weight Off NOW Self-Hypnosis Home Study System™**, is an expert in the art of self-hypnosis and whole food nutrition. She is CEO of Linda Allred LLC and is passionate about empowering women with the right tools to live their dreams and reach their full potential by learning how to use self-hypnosis, understand "The Laws of The Mind," and improve their health.

To receive her **FREE Report "Why Diet's Don't Work"** [click here](#) to visit her website or [email her](#) at Linda@LindaAllred.com.