

Living Well With Linda
Certified Hypnotist & Wellness Coach

***Ending a Lifelong
Love Affair with Chocolate***

Issue: # 13

May 5, 2009

Where is Linda?

Feeling much, much better thank you. Thanks to all of you who checked up on me. I don't recommend oral surgery if you can help it. I was a mess for 12 days, but thankfully the pain, headaches and soreness went away. It is great to feel like I am among the living again. HA!

This is a picture of my precious granddaughter, Jordan, celebrating her 8th birthday. She decided she wanted to have a roller skating party and this is her with her Dad, Brian. We all had a good time.

I want to extend a great big welcome to the new members who joined the Living Well with Linda family last week. You are going to love getting all my helpful tips and tools on how to live a happy, healthy life!

I do hope that spring has made its way to wherever you're living and that you are experiencing your own personal renewal.

Until next issue, take care!

Linda

Raving Fan Club...

Here are just a few comments from the participants who attended my April 14th, I Can Make You Slim NOW! Hypnosis/Nutrition Seminar here in Baton Rouge. You can join my "Raving Fan Club" by attending the next seminar on Tuesday, May 5th. See details in the Upcoming Events section below.

"The seminar was very empowering." - Susan Mustafa

"Renewed hope!" - Robin Bueche

"The 50 pounds sack demonstration on each one of my eyes was incredibly illuminating in underscoring the immense power of the subconscious mind." - Lacy Keegan

"I definitely have a better insight on carbs and nutrition." - Sherry O'Quinn

"I feel relaxed and extremely happy and calm. Thank you." - Brittany O'Quinn

"I learned a lot about relaxation and staying positive." - Toni Evans

Are You Ready to Dump Those Unwanted Pounds?

Is this the year you've decided you're going to get rid of those unwanted pounds FOREVER?

Do you feel helpless AND hopeless over your weight?

Do you hate Mondays because that's the day you always start a new diet?

Are you tired of feeling out of control?

Do you lose weight only to gain it back again?

If so, then you definitely need to check out my ***Weight Off NOW Self-Hypnosis Home Study System™!***

This 180+ page jam-packed 8 chapter content rich binder complete with 8 Self-Hypnosis CDs and a ton of super bonuses, **will walk you step-by-step from struggling to figuring out how to lose your weight, to successfully losing every pound that you want to and most importantly teaching you how to keep it off - forever!**

Simply [click here](#) to find out more on how **YOU** can shed that extra weight you've been carrying around for years and let your true self shine in 2009!

Linda's Hot Healthy Lifestyle Tips

Ending a Lifelong Love Affair with Chocolate

I have a special surprise for you. I thought you would enjoy the article that Susan Mustafa wrote about me that is featured in the May issue of Town Favorites Magazine. When Susan interviewed me, she admitted she was a little skeptical about hypnosis and really didn't believe it worked. I told her I completely understood how she felt because I used to feel that way too until a personal experience with hypnosis made me change my mind. Hey, I got so excited about my first hypnosis experience that I grew up to be one so I could "pay-it-forward" to other people what I had learned!

I invited Susan to attend my April 14th, ***I Can Make You Slim NOW! Hypnosis/Nutrition Seminar*** to experience hypnosis for herself and she did. Is Susan still a skeptic or has she changed her mind about the power of self-hypnosis? To read her full article, [click here](#).

That's it for this issue, but **don't leave just yet**. Hang on to your seats, because I will be announcing a fabulous **new Challenge** to the ladies in the State of Louisiana that will begin June 1st. It's a secret... for now, until all of the details are worked out, but I promise I will reveal my surprise in my next ezine May 19th.

Until then, be healthy and happy.

Linda

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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](mailto:Linda@LindaAllred.com) at Linda@LindaAllred.com.