

Living Well With Linda
Certified Hypnotist & Wellness Coach

Louisiana Weight Loss NOW Challenge Lifts-Off!

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Where is Linda?

Buried in emails from all of you wonderful Louisiana ladies entering my first ever **Louisiana Weight OFF NOW Challenge**. My email box is filling up so fast, I can hardly keep up. The essays that you're submitting, pouring your heart out about your weight loss struggles, are bringing tears to my eyes. But keep them coming as I am reading every one of them. By the way, if you have not taken the time to enter the **Louisiana Weight OFF NOW Challenge** you can sign up by [**clicking here**](#). But you'd better hurry as the **deadline is midnight, June 30th**.

Here I am at the Business Professional Women's luncheon May 18th announcing my first ever Louisiana Weight Loss NOW Challenge. The picture is not that great as it was taken from a distance, but I was on cloud 9 that day introducing this amazing Challenge to the ladies of Louisiana.

I'm really looking forward to this Challenge and hope that you are too!

Until next issue, be well.

Love and hugs,

Linda

P.S. - I want to extend a big hug and welcome to the new members who have joined Living Well With Linda in the past 2 weeks. I'm so glad you've made the decision to get slim, trim and healthy this year!

Raving Fan Club

I am so excited to tell you that my **Weight Off NOW Self-Hypnosis Home Study System**[™] is turning into a family Wellness Program. Here is what Kristine Hebert, from Plaquemine, LA, has to say after she purchased my **Weight Off NOW Self-Hypnosis Home Study System**[™] at my last ***I Can Make You Slim NOW! Hypnosis/Nutrition Seminar***, May 5th.

*"I find the **Weight Off NOW Self-Hypnosis Home Study System**[™] is really easy to follow. I love the checklists at the end of each chapter as they keep me focused on*

my weight loss goals. Plus the Positive Affirmation/Self-Hypnosis CDs are very relaxing and I feel a lot calmer since using them. I also notice that I am already making better food choices and I feel full and satisfied with less food and I do not feel deprived. I plan to share the Weight Off NOW Self-Hypnosis Home Study System™ with my daughter, Sherrie, who will be staying with me recuperating from her surgery, as I know she'll also benefit from this fabulous system. Thanks Linda!" - Kristine Hebert.

Thank You and The Power of Gratitude

I would just like to thank all of you for your kind words, encouragement, and support in helping me put obesity front and center in the State of Louisiana by introducing my first ever **Louisiana Weight OFF NOW Challenge**. Louisiana, by the way, has the fourth highest obesity rate in the US. From the local media, organizations that I belong to, and especially all of the wonderful sponsors who so graciously donated gifts to the Challenge, I thank you from the bottom of my heart.

As most of you know, it is my life's purpose to "pay it forward" what I have learned along the way in my personal weight loss struggles to become the healthy, happy, slim and trim lady that I am today. Supporting the **Louisiana Weight Off NOW Challenge** is helping me achieve that goal.

Let's all learn to come from a place of gratitude and be grateful for what we have. My recent automobile accident really brought home the power of gratitude. I am so lucky to be alive and not severely injured. I thought you would enjoy this story. "The Whale Said, Thank You."

The Whale Said "Thank You

If you read a recent front page story of the San Francisco Chronicle, you would have read about a female humpback whale that had become entangled in a spider web of crab traps and lines. She was weighted down by hundred of pound of traps that caused her to struggle to stay afloat. She also had hundreds of yards of line rope wrapped around her body, her tail, her torso, a line tugging in her mouth. A fisherman spotted her just east of the Farallon Islands (outside the Golden Gate) and radioed an environmental group for help.

Within a few hours, the rescue team arrived and determined that she was so bad off, the only way to save her was to dive in and untangle her. They worked for hours with curved knives and eventually freed her. When she was free, the divers say she swam in what seemed like joyous circles. She then came back to each and every diver, one at a time, and nudged them, pushed them gently around, she was thanking them. Some said it was the most incredibly beautiful experience of their lives. The guy who cut the rope out of her mouth said her eyes were following him the whole time, and he will never be the same.

Until my next issue, stay healthy!

Love and hugs,

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