

Living Well With Linda Certified Hypnotist & Wellness Coach

Louisiana Weight Loss NOW Challenge Reveal Is Coming Soon!

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Where is Linda?

Getting ready for the big announcement, July 9th, of who will be the 6 lucky ladies of the [Louisiana Weight Off NOW Challenge](#). DON'T FORGET! You can still enter the Challenge, but you must submit your 150 words or less essay to me before midnight TODAY, June 30th, to be considered.

This is a picture of me being interviewed by Kimmie Rogers, from the Scott Rogers Around Town TV Show, my official media sponsor, talking about the [Louisiana Weight Off NOW Challenge](#). Kimmie was so excited about the [Weight Off NOW Self-Hypnosis Home Study System™](#) she almost ripped it out of my hands. HA! She wanted to enter the Challenge herself, but she was too young. She is 24 years old and you have to be 25.

I must share with you that I am so excited to be a part of this exciting journey to help these 6 lucky ladies understand that while weight loss is the goal, more importantly is helping them learn how to get their mind, body, and spirit in balance so that they can reach their full potential. Weight loss is only one part of the formula that will determine who will become the top winner of the Challenge. We'll be announcing the final winner on the Around Town Show, January 14th, 2010.

Oh... be sure to check out my special **SUMMERTIME BONUS** at the end of this ezine. This is one 'hot' special you do not want to miss!

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!

BREAKING NEWS!!!

Guess what? The Around Town TV Show, with Scott and Kimmie Rogers, Cox Channel 4, 8:00 am on Saturday and Sunday`s, (repeats on Cox Channel 21 at 9:00 and 11:00 am on those same days) have just offered to be my media sponsor! Isn't that awesome news? They're going to be taping my big **Louisiana Weight Loss NOW Challenge** kick-off on July 9th (better register now by [clicking here!](#)) and will also be interviewing me monthly as we progress through this exciting weight loss challenge. I am so excited and pleased that they're on this amazing journey with me to help anyone who wants to become happy, healthy, slim and trim. A big thank you goes out to all at The Around Town Show!

Linda's Hot Healthy Lifestyle Tips

How Self-Hypnosis Can Break Those Bad Habits in Less Than 28 Days™!

Change Your Inner "Radio" Station!

Let's face the facts folks. We are all creatures of habit and we have good ones and bad ones. The funny thing about habits is sometimes we don't even know we have them... until either someone else points them out or we try to 'quit' doing something. For example, I bet you take the same route to work every day. To test out my theory of unconscious habits, tomorrow try taking a different route. You will still get to work, but I guarantee that the new path you drove will feel uncomfortable. Here's another way to test my theory. Move your trash can to the opposite side of your desk and see how many times you throw the trash on the floor. Yup - thought so. You probably threw at least 5 pieces of paper into the spot where your trash can used to be. Why? Because you have trained your subconscious mind (SM) to know what side of the desk the trash can is on and automatically that's where your hand will toss the garbage to.

I've got some great news for you! Learning self-hypnosis is the quickest and easiest way to break your bad habits quickly and easily because all of your habits, both good and bad, are stored in your SM along with all of your good and bad beliefs about yourself.

I don't remember who sent me the Habit poem below and I do not know who wrote it, but it certainly has been a powerful influence in my life as well helping my hypnosis clients break their bad habits and form healthy new ones.

When you first read it, you may find it a little scary and think there isn't anything you can do to change your habits, but the good news is, I am going to give you 3 easy and simple ways that you can learn How To Break Your Bad Habits, i.e. Lose Weight, Stop Smoking, Reduce Stress... In Less Than 28 Days™.

Take a moment to read the Habit poem below. Read on.

HABIT

I am your constant companion.

I am your greatest helper or heaviest burden.
I will push you onward or drag you down to failure.
I am completely at your command.
Half the things you do might just as well be turned over
to me and I will be able to do them quickly and correctly.
I am easily managed - you must merely be firm with me.
Show me exactly how you want something done and after a few
lessons I will do it automatically.
I am the servant of all great people and, alas, of all failure, as well.
Those who are great, I have made great.
Those who are failures, I have made failures.
I am not a machine, though I work with all the precision of a
machine plus the intelligence of a person. You may run me for
profit or run me for ruin - it makes no difference to me.
Take me, train me, be firm with me, and I will place the world at
your feet. Be easy with me and I will destroy you.
Who am I?
I am Habit!

Be sure and check you inbox for my next ezine, July 14th, where I will break the Habit poem down for you into bite-size chunks of knowledge to help you understand how you can change your bad habits in as little as 28 days. WOW! That sounds easy enough, doesn't it?

I can't wait to see everyone at my [I Can Make You Slim NOW! Hypnosis/Nutrition Seminar & Challenge Winner Announcement Session](#), on Thursday, July 9th. If you haven't signed up to attend this fabulous seminar, click here now. If a picture is worth a thousand words, then you'll love seeing real people who've succeeded in shedding their unwanted weight using my [Weight Off NOW Self-Hypnosis Home Study System](#)[™] at this seminar.

Have a wonderful summer all and see you at the Seminar!

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.