

Living Well With Linda Certified Hypnotist & Wellness Coach

Louisiana Weight Loss NOW Challenge Reveal Is Coming Soon!

Issue: # 17

July 14, 2009

Where is Linda?

Celebrating the announcement of the 6 lucky lady participants of the first ever, Linda Allred, Louisiana Weight Loss NOW Challenge. Below is a picture of myself (center) and the 6 lucky ladies starting on the far left is Deborah Carriere Cifero from Oscar, LA, Meredith Eicher, Christine Pocorello, Libby Quintana, and Mitzi Weber who are all from Baton Rouge, LA., and Charnel Webb from Central, LA. I will be coaching these ladies through my brand new Weight Off NOW Self-Hypnosis Home Study System™ for the next 6 months. Wow! What a fun time we all had.

I had tears in my eyes as I listened to the stories of why these special ladies felt that they such be chosen to enter the Challenge. Soon, you will be able to hear their stories too as I will be putting them on my website. I feel so honored and privileged to be able to, pay-it-forward, all of my weight loss secrets contained in my Weight Off NOW Self-Hypnosis Home Study System™ to these special ladies.

I also want to thank all of the ladies who took the time to enter the Challenge that were not chosen. You are all winners in my heart. I promise you this was not an easy task to choose just 6 from the hundreds of entries I received. Why? I identified with each one of their stories because I was once a 40 pounds overweight, miserable soul, who thought I was dumb, stupid, and a failure until I discovered self-hypnosis and learned to train my "inner critic" to be my best friend. Learning to practice self-hypnosis allowed me to let go of the stress in my life that was causing me to be an "emotional eater," and learn how to keep myself motivated toward my goals. So I'm here to tell you that if I can figure out how to lose my 40 pounds and keep it off for 17 years, you can too. You just need the right tools, the right system, and my brand new Weight Off NOW Self-Hypnosis Home Study System™ could be your final answer to your weight loss struggles.

Hats off to all of the official sponsors of the Challenge who were so gracious and donated gifts to these 6 lucky ladies! You can take a look at the wonderful bevy of prizes that they will receive by [clicking here](#).

Extra special thanks goes to my media sponsor, the Around Town TV Show team, 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), for getting as excited

as I am about the Challenge and coming on board. They were here filming the Challenge and will be following the progress of these 6 special ladies on the Around Town TV Show for the next 6 months with the winner of the [Louisiana Weight Loss NOW Challenge](#) to be announced on their show January 14th. We are all on an exciting journey.

And, you know how we ladies love flowers. Thank you SO MUCH, Todd McBride, of Billy Heroman's Florist, for so graciously donating all of the beautiful flowers that the Challenge participants received along with other special guests. It really made the night extra special.

It's going to be a fun 6 months working with these lovely ladies as they transform themselves into the happy, healthy, slim and trim women they've always dreamt of being. I'll keep you posted along the way!

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!

P.P.S. - Don't forget to check out the valuable limited [Summertime Bonus](#) offer coupon code at the end of my ezine!!

[Linda's Hot Healthy Lifestyle Tips](#)

As promised, I will begin to 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? Read on.

Understanding the Meaning Behind The Words

"The Laws of Your Mind."

Here's the first of my 'top two' secret secrets to successful weight loss!

I am going to share with you the first greatest secret on the face of the earth. I am going to help you understand "The Laws of Your Mind." Yes, I know that sounds a bit far fetched, but this law really does exist. It is important for you to know that all of your habits, both good and bad, are stored in your subconscious mind (SM) which makes up 90% of your thoughts. Your SM is your creative part located in the right side of your brain. It loves to make believe and pretend. By learning the "Laws of Your Mind" (conscious/subconscious), your bad habits can all be changed in less than 28 days.

Your conscious mind (CM) on the other hand, only makes up 10% of your functioning brain, commonly referred to as your "left brain." It is logical. It thinks. It is your critical faculty and it judges everything you do. I call it "Radio Station K-R-A-Z-Y." It's that little voice that talks to you every time you start a new diet or try to stop smoking (typically on a Monday I might add) and says, "I give you until Wednesday and you will blow it. You always do! You'll last maybe a week at the most. You always fail, so why try?" Sadly, most of us are only using 10% of our brain capacity at any given time. So, let me ask you a question. Wouldn't it be a lot easier to learn how to use 100% of your conscious/subconscious mind instead of just using a mere 10% of it? Did you answer yes? I thought so!

In my July 28th ezine, I will continue to break down the Habit poem in easy to digest portions so you will have a greater understanding of how habits can either help you or hurt you. I'll talk about how 'habit' is "Your greatest helper or heaviest burden."

If you missed getting my last ezine with the Habit poem in it, please [email me](#) and I will gladly send the poem on to you to read.

As I write this closing, I realize that I have been truly blessed to be able to 'pay forward' the tools I've gained through learning the art of self-hypnosis and how to apply it to enrich not only my life, but those of others I am able to help... one person at a time.

I also know that the more you give, the more you get, and seeing all the amazing women at my July 9th seminar just reinforced my desire to help ALL women become the happy, healthy, and trim ladies that they've always wanted to be.

Sending feelings of gratitude to all,

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 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.