

Living Well With Linda Certified Hypnotist & Wellness Coach

Louisiana Weight Loss NOW Challenge A Hit!

Issue: # 18

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Where is Linda?

Catching my breath! The last two weeks have been a whirlwind. As you know, I announced the 6 Lucky Lady participants in the first ever [Linda Allred Louisiana Weight Loss NOW Challenge](#) at the I Can Make You Slim NOW! Hypnosis Seminar, July 9th. The 6 lucky ladies all went home with my brand new [Weight Off NOW Self-Hypnosis Home Study System™](#), and a Galaxy Light & Sound Machine. If you missed my last ezine, the 6 lucky ladies are, Deborah Carriere Cifreo 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.

The following week all 6 ladies had their first private hypnosis session with me. In addition, I showed them a powerful visual "Sugarholic" presentation that will help them end their "love affair" with sugar/carbs and learn to be a smart lady "Nutrition Detective." They could not believe the hidden sugars they discovered in the foods and drinks that they consume.

I am also excited to tell you that I kicked off my brand new bi-monthly group Weight Off NOW (WON) Teleclasses, Tuesday, July 21st. These teleclasses are designed to coach these 6 ladies as well as any others who are working through my [Weight Off NOW Self-Hypnosis Home Study System™](#). By the way, anyone who has purchased my [Weight Off NOW Self-Hypnosis Home Study System™](#) is eligible to participate with these ladies in the teleclasses. Look for more details about these exciting WON Teleclasses to come later.

For all of you who are still struggling with the 'yo-yo' dieting cycle, be sure to check out my [Weight Off NOW Self-Hypnosis Home Study System™](#) to see how you too can lose weight AND keep it off for good!

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!!

Louisiana Weight Off NOW Challenge Update

In each issue of my ezine I'm going to feature some of the terrific things that the 6 winning participants of my [Louisiana Weight Off NOW Challenge](#) are experiencing. I'm so proud of these ladies as they have decided to take control over their weight issues and become healthier AND happier. Here are a few comments from 3 of these amazing ladies:

Deborah Carriere Cifreo has found that listening to her Positive Affirmations CD, "Enjoy Exercise" caused her to actually begin an exercise program. She's also noticed that she's beginning to eat less and still feel full and satisfied. Her husband is amazed at the change in her attitude.

Meredith Eicher has noticed that her "inner critic" is not beating her up as much as it used to. She's feeling much more positive, is experiencing less stress, and is sleeping better than she has in a long, long time.

Mitzi Weber, who appeared with myself and Kimmie Roger's on the Around Town Show on July 18th, has also experienced breakthroughs in her weight loss program. She has been able to use the 'fist' technique to keep her from overeating, and was even able to bake cookies for her family and wasn't tempted to eat any of them!

Here's a photo taken of Mitzi, myself and Kimmie that was taken after the taping of the show. We had a great time talking about the Challenge and you can see the excitement in Mitzi's face.

Way to go ladies! All of you are truly getting the benefit of my [Weight Off NOW Self-Hypnosis Home Study System™](#) and I'm truly proud of the progress you're making!

Next issue we'll check in with Libby Quintana, Christine Pocorello, and Charnel Webb and see how they're progressing in their weight loss goals.

Linda's Hot Healthy Lifestyle Tips

Examining the Power behind The Habit Poem

As promised, I am continuing 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.

"I am your greatest helper or heaviest burden."

The most important thing for you to understand is your subconscious mind, (SM), which makes up 90% of your mind, also seeks to meet your deepest needs, desires and expectations, and your imagination is always more powerful than reality.

Your SM does not know the difference between your imagination and reality. It is simply your servant. It listens to your conscious thoughts and does everything within its power to make your thoughts come true. It really is like a self-fulfilling prophecy. If your thoughts tell you that you need to eat 3 chocolate bars a day, that's exactly what you'll do!

So, what are you telling yourself? Start listening to that inner voice that beats you up all day long and learn to train it to be your best friend, not your enemy. If you can make it your biggest cheerleader, you'll have it made and can achieve anything your heart desires.

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.

Next issue, I'll discuss the meaning behind the line, "I will push you onward or drag you down to failure. I am completely at your command."

As I mentioned in my personal note, I'm now conducting Weight Off NOW (**WON**) Teleclasses which are open to anyone who wishes to gain more insight on how to more effectively use my Weight Off NOW Self-Hypnosis Home Study System[™]. I'm going to be sending out a separate announcement to everyone which will go into greater detail on why you really should consider attending these Teleclasses.

Be on the look-out for another email to pop into your inbox this month from me!

I hope you're enjoying a happy, healthy and safe summer everyone!

Sending feelings of gratitude to all,

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.