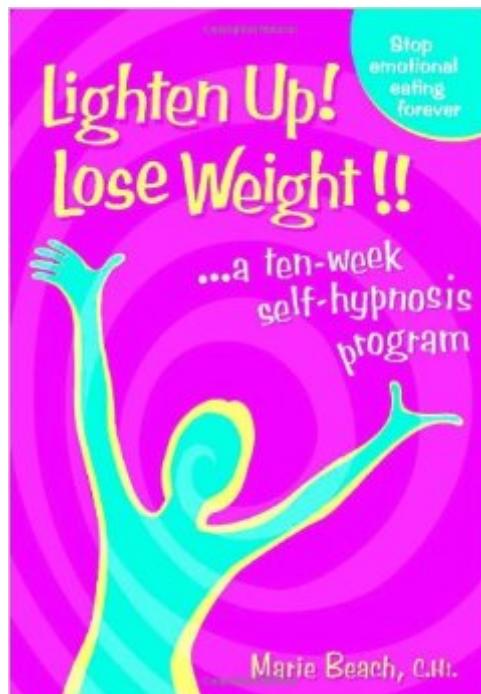


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# Lighten Up! Lose Weight!: A 10 Week Self-Hypnosis Program



## **Synopsis**

This is a book that is different and unique from all other weight loss books. It's as you suspected all along - eating inappropriately is emotion-driven. This book puts you in the driver's seat and helps you take away the power you have given to food.

## **Book Information**

Paperback: 110 pages

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Average Customer Review: 4.2 out of 5 starsÂ  See all reviewsÂ  (4 customer reviews)

Best Sellers Rank: #5,914,880 in Books (See Top 100 in Books) #70 inÂ  Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets #3400 inÂ  Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #316127 inÂ  Books > Self-Help

## **Customer Reviews**

Some good thoughts and ideas. But sometimes you have to decode what the author is trying to say because the editing and writing is so poor. The book seems more like a rough draft before corrections were made. It is full of dropped words, typos and sentences that seem to have been randomly cut and pasted together. Here's one example - the well-known scripture from Ecclesiastes is quoted as "a time to read and a time to sew", when the words are actually "a time to reap and a time to sow" - obviously totally different meanings. While such errors add some humor, they also distort or obscure what the author is trying to say, as well as show a lack of attention to quality. The ideas for self-hypnosis are very basic - and mostly focused on affirmations. Some of the suggestions the author tells you to make to your subconscious mind could produce negative results, such as that sugar is a poison to your body. There are many types of sugars in many kinds of foods, including fresh fruits, vegetables and healthy carbohydrates. You definitely don't want to teach your body to react to sugars as a poison. As a psychotherapist and healing facilitator, trained in various forms of clinical hypnosis I had hoped this would be a good book to recommend to my clients, but I cannot recommend it to anyone. I gave it two stars because some of the content is useful, and the author is well-intentioned. However readers should be cautious in the use of some of the

suggestions/affirmations recommended. In general, any suggestion or affirmation that has negative wording or possible negative consequences should be discarded.

I just had the pleasure of attending one of Ms. Beach's workshops in Virginia Beach at the Heritage Store (one of my favorite places!), and I have to say I thoroughly enjoyed it. I left with a clearer understanding of why I have issues with food, a real desire and excitement in making changes, and positivity in myself that I had not had before. Ms. Beach states that "self talk is hypnosis" and it sounds so simple but think about it - if we constantly cut ourselves down consciously, then our subconscious has no choice but to listen! The book is a gem, short and to the point, in a laid-back tone that will appeal to readers, as if a friend is talking to you. I also purchased her cd and plan to start my program immediately. Ms. Beach is very personable and seemed to truly care about her workshop members, asking questions and acknowledging feelings, in a very warm environment that made you want to share. I only wish the workshop could have been longer! Please check out her website as well [...] A wonderful experience all the way through, highly recommended!

With all the hype surrounding Dr. Phil's "ultimate" solution, this gem of a book provides the missing ingredient. I loved the step-by-step approach and guidance in how to really put the power of my mind to work for me. Not just talk, this book gave me the exercises and scripts I needed to take even Dr. Phil's good ideas and do the actual programming he talks so much about, but doesn't really give the hands-on tools to pull off. Thank You, Ms. Beach.

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