

REAL PEOPLE, SPEAK OUT

Linda Blackwood

51lb. Weight Loss



Ellen Bragg

149lb. Weight Loss



Tila Mac Donald

35lb. Weight Loss



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TAP INTO YOUR MOST
POWERFUL RESOURCE



We hold the key to your inner mind.
With our help you can open the door to
a happier and healthier you!

MORE POSITIVE CHANGES...

- Stop Smoking
- Stress Management
- Golf Improvement
- Pain Reduction
- Anxiety Control
- Motivational Enhancement
- Accelerated Learning
- Sales Improvement
- Sports Enhancement

**NO-RISK
GUARANTEE**

After your first session
if you are not completely
satisfied, we will refund
100% of your money.
No questions asked.



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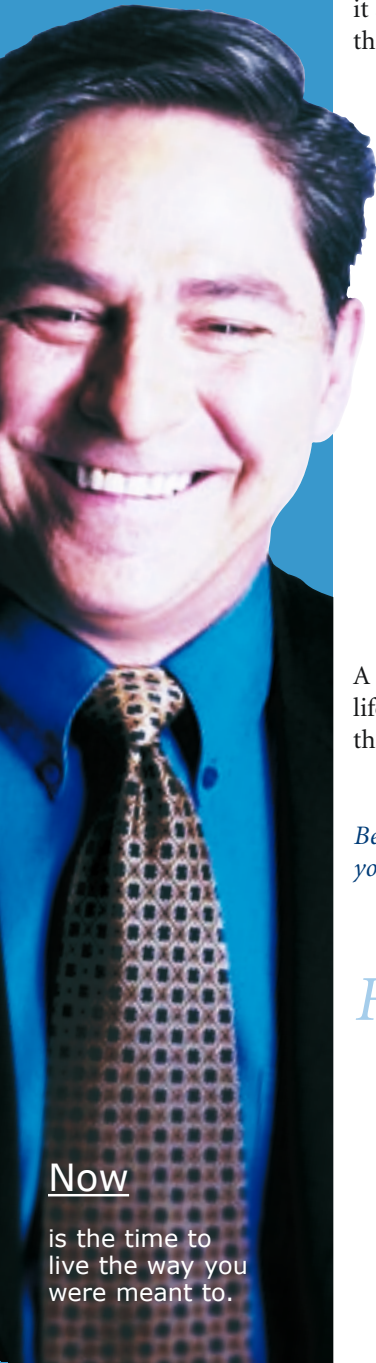
SINCE I LOST
WEIGHT

I can't remember when I felt this great!



Tired

of those diets that deprive you of carbohydrates or eat all you want proteins.



The fad diets help you lose weight fast, only to gain it all back again and then some.

POSITIVE CHANGES can help you take off those extra pounds and keep them off by showing you how to:

- Learn about healthier eating habits
- Increase your energy levels
- Discover the joy of exercise
- Erase those cravings and unhealthy eating habits

A happier and healthier lifestyle is closer than you think. We believe in you!

Become the natural weight you were born to be.

*Feel Alive,
Healthy and
Strong.*

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**HOW WILL HYPNOSIS
HELP ME LOSE WEIGHT?**

You can change your core eating strategies with hypnosis. If you learned to eat only when you're hungry, and stopped when you were truly full, you would not have a weight problem. Many people believe that because they failed at dieting, they will also fail with other weight loss methods. With hypnosis, nothing could be further from the truth. Most of our clients have realized that they had to "change their minds" before they could ever "change their bodies".

Hypnosis is the safest, most effective method for changing negative thoughts into positive ones.

The benefits you will receive from using hypnosis are numerous, and will effect many areas of your life in a positive manner.

The best way to lose weight naturally, without hunger, pills or diets, is through hypnosis.

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IS HYPNOSIS RIGHT FOR YOU?

- Have you ever gained and lost weight multiple times?
- Do you lose weight on diets only to gain back more?
- Do you feel lethargic or unhappy?
- Have you tried more than one weight loss program?
- Do you worry about your health, and continue to eat poorly?
- Do you finish every bite on your plate, even when you are full?
- Do you turn to food when you're upset, bored, angry or stressed?

If you answered yes to any of these questions, it may be time to try something entirely different. Call **POSITIVE CHANGES** today for your quick and easy free hypnotic screening. With a little background information from you, we can evaluate your needs and design a personalized program according to your goals.



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Now

is the time to live the way you were meant to.