



*About the Author*

## **Diane Edwards**

Diane Edwards C.M.H. (Certified Master Hypnotherapist) was raised and educated in Dublin, Ireland, where she worked as a counselor, specializing in addictions, suicide, and sexual dysfunction.

Since 1989 Diane has maintained a successful Hypnotherapy practice in the San Diego area combining her therapy skills with hypnosis.

Diane is a leading authority in the field of addictive behaviors and has since taken her unique form of therapy all over the country. Diane has helped countless individuals make positive changes in their lives and she can help you too.

She is a highly respected teacher and consultant at several institutions and clinics throughout the state and is well known for her informative and valuable insight into all areas of self-improvement. Diane has been a consultant at Scripps Hospital in San Diego, California in their smoking cessation program.

She now continues to travel all over the country offering her specialized techniques. Diane is active in her communities and divides her time and commitment to her hypnotherapy practice, a loving involvement with her family, as well as being involved with various charitable organizations.

If you're truly serious about changing your life, Diane is the person to help you.

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## Acknowledgements:

I realize we never accomplish anything alone so I therefore give thanks and acknowledgement to the many thousands of people who have come into my life and contributed to my understanding of the seemingly complex issue of LIFE itself! I would like to thank all of you for your insights, encouragement and confidence, and for believing in me to help guide you down this challenging and often frustrating path.

I also give thanks to the many teachers who have been in my life. The saying goes that when the student is ready the teacher appears --- mine always did, and always managed to teach me exactly what I needed, at exactly the right time! I thank you all for that.

I give special thanks to my husband Richard and my four wonderful children, Nicola, Mandy, Gavin and Simon. You have always believed in me and have shown tremendous patience when work *seemed* to be the all-important area of my life. You were, and always will be, the only true importance in my life and I thank you and appreciate you all so much.

And ultimately, I give thanks for the strength and courage to write this book, sharing my beliefs, thoughts and experiences with you, my dear readers and friends. Please accept this book with love and gratitude.

Thank  
you

## **INTRODUCTION**

Welcome and congratulations on making a great choice! If you will allow it this book can be the key to your success. An amazing journey awaits you. You will learn how to unlock the power of your mind so you can manifest more of what you want in your life.

Before we start I would like you to know what got me started in the “business” of Hypnotherapy so you know where my concepts, beliefs and experiences are coming from.

### ***The Dentist Experience:***



I came to America in 1982, from Dublin, Ireland, along with my husband and four children. I also brought along with me a fear of the dentist. If you’ve never feared the dentist you might not understand how powerful this fear really is. In Ireland I had no problem. I had a dentist who knew me and administered intravenous valium, and that was even for a checkup! Otherwise I could not sit in the dentist chair. I was not too motivated to challenge this fear as I had found a way around it. After finding out that dentists in America did not believe in intravenous valium I realized I had to finally do something about this fear.

### ***My Introduction to Hypnosis:***

My background was in Suicide Prevention Counseling, which I had been involved in for many years. In this sector of counseling I had to deal with life and death situations. Can you imagine how embarrassing it was to not being able to go into a dentist’s office, something children could do easily.

But I couldn't! I needed, and wanted, to find a way past this fear so I started learning about Hypnosis – Self Hypnosis!

As this was a very embarrassing fear I would not ever acknowledge it or seek help. If you don't acknowledge something, how can you get help for it? After learning and understanding that the only thing that was stopping me going to the dentist was an irrational fear from the past --- something that didn't even make sense!

I actually knew where my fear came from. As a child growing up in Ireland with very little money, my parents took me to a dental hospital for any dental work that was needed. It was much cheaper that way, but unfortunately the student dentists did not use Novocain.

Can you imagine a very large room with about 100 chairs, filled with people undergoing dental treatment with no Novocain? Not much fun! Of course I consciously knew that in this day and age dentists offices were not torture chambers!!!

With my *new way of thinking* I realized that I had spent a very large part of my life reinforcing the fact that I was terrified of dentists. No wonder I was terrified of dentists! I had made my fears stronger and stronger with my thoughts. At that point I realized that if I changed my *thinking* I could then change my reality.

### **And so Hypnosis came into my world!**

#### ***Finally a breakthrough:***

It took me about three months, working with Self Hypnosis, to actually be able to walk into a dentist's office. That was an amazing achievement for me, something I had almost given up on. Hypnosis was the only tool that helped me change my thinking and give me the ability to break through, what was until then, a lifelong fear.

#### ***So what was next?***

After some time I decided to once again use Self Hypnosis to help me get over a fear of public speaking. As a suicide prevention counselor I was asked many times to give talks to schools and various organizations. I always made up some excuse why I could not do this – once again never acknowledging that I was terrified.

I was on many different charitable committees but would never take on any position of authority as it meant having to stand up before a group of people and give a report. I couldn't do that. Consciously I knew that most likely no one would throw rotten tomatoes at me, but the fear was still there.

So, armed with the confidence that Self Hypnosis helped me overcome the fear of the dentist, I used it once again to help me with the fear of public speaking. It worked amazingly well.



***By now I was a believer:***

I realized that if I changed the way I ***thought*** about something I therefore had the ability to change the reality or outcome. How incredibly powerful! I had found a tool, ***which was completely under my own control***, to make changes in my life, and easier than I could have imagined.

***I believed my eating disorder was different!***

I then moved on to dealing with an eating disorder, an issue that I also desperately wanted and needed to change, as it was affecting my life, as well as my relationship with friends and family. But my eating disorder was very different. It had no name! I was not overweight, I was not bulimic or anorexic.

So what kind of eating disorder did I have? Have you guessed it?

I would binge and starve, and whatever I did for one, I then did for the other. In other words, if I binged for a day, I'd starve for a day. If I binged for a week, I'd starve for a week. It was incredibly damaging to the body. It is actually more dangerous to go up and down with weight, losing and gaining, than it is to be overweight. I just knew it had to stop.

Hypnosis was the only tool that ever helped me. I no longer have an eating disorder, yet I remain aware of it for any little sign that I might recognize, so that I can nip it in the bud.

All these experiences, plus many more, directed me into the professional field of Hypnotherapy. I do not **think** Hypnosis works, I'm not **hoping** or **wishing** that it works – I **know** that it works.

This book describes the simplest and most effortless methods ever devised, and together we will retrain your way of thinking, giving you a new more positive attitude toward living your life the way YOU want.

*“Until the mind is re-trained to think differently,  
it is futile to attempt to change the body”*

## **So let's Begin!**

Prepare yourself for a wonderful experience. Whatever you want out of your life, this book will help guide you there. One of my tasks is to support and push you to take a better look at, not just yourself and your life, but most importantly, your **thoughts** about you and your life.

In order to achieve success and in order to get the most out of this book, I'm going to begin by asking you to make a promise --- not to me but to yourself.

By signing up for this book you have taken the first step to creating your own future and changing your life. The promise that I am making to you is that you will get to where you are going, and you will create dramatic improvements in your life. All I ask of you is to keep an open mind about what you are reading. People who are close-minded rarely make change in their lives, so keep an open mind and be persistent.

One of the keys to success and happiness is to understand that from now on I need you to realize that nothing “**happens**” to you”. **You** create everything in your world and that includes the good and the bad.



My clients frequently ask me why they find themselves unable to accomplish seemingly simple tasks, and achieve seemingly simple goals.

In other areas of their lives they can be very successful, but in certain areas there seems to be blocks.

So.....

Do you dream of being different in some way?

Do you want to lose excess weight?

Do you want to stop smoking?

Do you want a great relationship?

Do you want to stop sabotaging yourself?

Do you want to drink less or stop drinking altogether?

Do you want to create more abundance?

Do you want to travel more?

In other words do you want some part of your life to be different but change has seemingly evaded you?

I invite you to make this time of your life your best ever!

This book is designed to explain how your thinking has formed your life.



### *So where do we start?*

In order to create change and in order to get where you want in your life, we need to start with **TODAY!** It is imperative that you take and accept responsibility for where you are **NOW**. This will then allow you to take responsibility for where you are going. It's **YOUR** life. Only **YOU** can control it. Only **YOU** can change it. And please take this as the 'Good News'!

## **CHOICES**



You make choices every day, from the moment you wake up in the morning to when you close your eyes last thing at night. If you could even imagine how many choices you make during any one day, you would be astounded.

The difference now is you are going to start making the **right** choices so that you **can** accomplish your goals. By taking responsibility for the choices you make you are now in a position to create your future.

The objective here is that you can create everything in your life that you want – the job, the relationship, health, wealth, self-confidence, happiness, peace of mind --- to name just a few. And I want you to believe that you really **do deserve** the very best that life had to offer. If you don't believe you deserve it, it's very difficult to achieve it. So please understand that you do deserve everything you want in your life.

## HOW THE MIND WORKS!

Over the years we develop habits, even overeating can become a habit. All habits are controlled in the *sub-conscious* mind. When you try to use willpower or discipline to control a habit you are using a tool of the *conscious* mind. You are literally using the wrong tool for the job, like using a hammer to put a screw into the wall! It's not going to work!

Doesn't it make sense that if we want to change something that exists in the sub-conscious mind we would need a tool or method to gain access to where all this destructive behavior is coming from? And the best part is that it is actually quite simple!

Hypnosis is the one and only tool that gives us access to the sub-conscious mind, and this is where most of these destructive and sabotaging behaviors or habits are being harbored.



*The human mind is like a computer*

First of all, *let's understand how the human mind works.*

The mind is an incredibly powerful, complex computer, absorbing all the messages we receive, especially those received in our childhood. We receive 80% of our programming up to the age of eight, and the other 20% is spread out over the next few years.

Our own computer (the brain) is very similar to the computers we deal with every day, at our work or our homes. Based on the same concept as these computers, *what goes in is exactly what comes out.* You cannot put one particular thought or information into your computer and expect something different to come out. It just cannot happen.

If we enter into our computer that Mary is wearing a red dress, the only information about Mary's outfit is that she is wearing a red dress. Even though she might be now wearing blue jeans! Our own mind is exactly the same. What you put into your own mind is exactly what you will get out.

That means if we put the thought of being 'fat' or 'unsuccessful' or 'unhealthy' or whatever else into our mind, guess what will come out? You're right, whatever we put in! Or if we think that nothing will ever work out right, and we'll never achieve our goal... well, you'll be right about that too. Just don't be surprised!

*What you think today becomes that which you are tomorrow.*

*So be careful what you think!*



I sincerely want you to get ready, to prepare yourself for new opportunities and to succeed in any way you desire — you can be anything at anytime, anywhere. You only need to open your mind to the possibilities, then ...

**Change Your Mind and you Change Your Life!**

## ***Re-Programming***

In order to change you life you must start by changing your negative belief system and mindset, and to do this we need to re-program your mind.



## **Energy**



An action is energy in motion. Emotional thoughts carry a great deal of energy. When you create a thought, especially one you feel emotional about (such as your dream of success), you have created energy that goes out to the universe and allows you to explore, create and grow the thought. This process takes care of itself.

We all have thoughts, but we don't all achieve our dreams. That's because thoughts are either negative or positive in nature. Even thoughts you believe are positive may, in truth, be in opposition to your achievement.

For example, your dream is to own a new home. The thought you constantly hold is, "I want to buy a new home." This sounds like a positive thought, but it's actually keeping you from getting your new home. Why? The phrase "I want" keeps you 'wanting' to buy a new home, rather than actually 'buying' it. So, you continue to 'want' to buy it but never truly achieving your goal.

I suggest you transition that thought to "I now own a beautiful new home". And don't worry if that thought is not actually true right at this moment. Remember, what goes in is what comes out and your mind doesn't know the difference between 'real' and imaginary! If it did, we'd never cry at a sad movie! Think about that!

## Focus



Focus is another problem in how thoughts are formulated. You constantly think about that new home you "want" to buy. You look at different homes and floor plans, comb the "for sale" house classifieds, pick out the color you'll paint the outside, look at landscaping ideas, and so on. You would believe that this is a positive focus, because it keeps the goal constantly in your mind and your actions are that of someone who is buying a new home. The problem, however, is that the focus is on "getting/wanting" versus "having". Rather than believing you 'have' it, you are only dreaming about it.

With an open mind, you can plant the seeds, water them regularly, and let the universe do the rest. You must, however, be open to all possibilities without exception. That means only positive thinking, with no attachments, and no labeling.

An open and positive mind allows the universe to act upon your inner thought energy and create that which you seek. It's like watching a little miracle take place. It can astound you, when you realize what's really happening.

## Laser Focus

Thoughts become stronger the more you hold a certain thought in your mind. What you think about is what you will create. From the 'positives' that you desire, this will only occur if your thoughts are connected correctly to what you desire. If your thoughts are not connected, then they don't become stronger and the change doesn't occur.



Okay, so you now know that thoughts are incredibly powerful. Maybe you've read books about it, heard people talk about it and so on. But how do you actually access that power for real? The way to access your thought power is to build, what I call 'laser focus'.

***Let's make this easy!*** If you want to make changes by accessing your thought power, you need to build the power of '**laser focus**'. If your focus is weak you can't access your thought power, therefore you can't create your ideal life.

If, at any time, you find you're not manifesting as much as you'd like, please realize that the lack of 'laser focus' may be one of the key elements that might be holding you back. In fact, I'd bet on it!

We also know from the powerful law of attraction, thoughts become stronger the more you hold a certain thought in your mind.

What you keep thinking about strongly is what you will bring about in your life. Without 'laser focus' you'll find it difficult to manifest what you want.

Unfortunately most people focus more on what they 'don't' want, and guess what they get ... **more of what they don't want!**

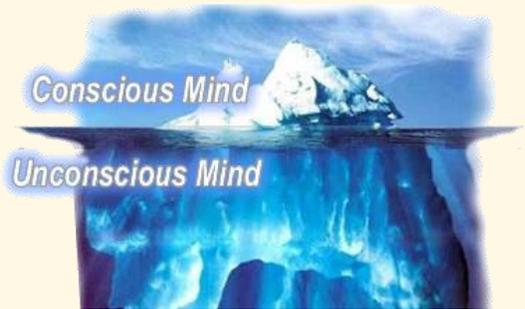
## ***Early Rising***

Let me suggest one key component that you could do, on a daily basis, **starting today**. It would begin with early rising. This gives you space to clear your mind and set your goals for the day. (getting to bed on time will also help dramatically)

And if you make a habit of this, your thought power will increase by leaps and bounds.

This process is exactly how people become highly successful in life, with many ending up as multi-millionaires and even billionaires.

Early rising itself has an enormous impact on your thought power because when you sleep, your powerful subconscious mind takes over.



When you awake, you go from the subconscious mind back into a conscious state and your thought power can pass over into that.

The more efficient you are at engaging the correct thoughts before sleep and on awakening, the more subconscious thought power energy is being released. In other words, you get a stronger intent, more thought power and as a result you create more of what you want.

***This is one of the great keys to manifesting.***

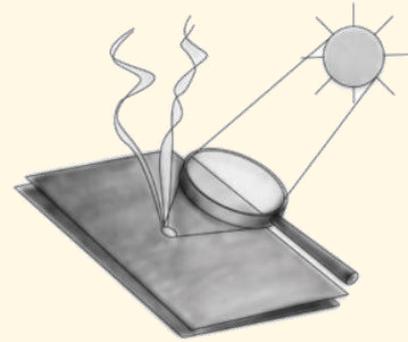
You'll find that most highly successful people, from any walk of life, will rise early and have made a solid habit of it. This is certainly no accident because the benefits are immense.

So, to build your intent, make a habit of early rising. If you've already done that and have it as a habit, good for you!

It's amazing and has been working wonders for many people, and it will for you too.

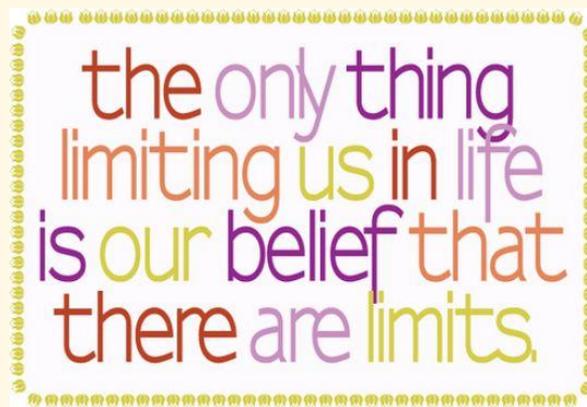
### **Concentrated Awareness:**

Perhaps some of you remember, as a kid, using a piece of paper, a magnifying glass and the sun. The sun would shine down through the magnifying glass onto the paper, and at the very pin-point of concentrated light, the paper would start to burn. We might have called this 'Focused Energy, which is the same concept as Concentrated Awareness.



### **Here's a Concentrated Awareness Exercise that you can try:**

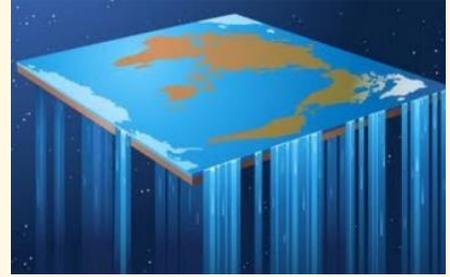
Stare at the tip of a pencil, and concentrate your full attention on it. You will find that your attention and concentration might wander, so be vigilant, stay focused and, if your attention wanders, bring it back to the tip, and keep it there. This will help you do the exercise correctly. With practice you can learn to create more concentrated awareness, so you can create more specific positive results.



### **Limiting Beliefs:**

One reason why some people don't manifest their goals is because of limiting beliefs. Limiting beliefs are beliefs that have been created because of how you were raised as a child, at a time when you were highly suggestible. The beliefs you hold to be true make up the fabric of your experience. The stronger those beliefs, the more they seem real, and the more you will find evidence to support them.

What most people don't realize is that the vast majority of our beliefs about the world are not really true. Beliefs are formed through repeated thoughts, and the only reason they hold any weight is because **you've decided or agreed that they are true.**



There are some limiting beliefs that you might have agreed to:

- Work is hard
- It's difficult to lose weight
- Marriage doesn't last
- Money doesn't grow on trees
- Exercise is boring
- I don't deserve to be successful
- I'm not good enough
- Etc. etc.

I'm sure there are many personally acquired limiting beliefs that you've collected through your own unique experiences. Whatever the case, most beliefs are formed unconsciously, without our knowing about it.

We didn't necessarily decide to agree to these beliefs because we *wanted* to. In most cases these beliefs are not even our own – most likely they were given to us by someone else who held that belief.

We need to reclaim our power, and stop **identifying** with the belief. Most beliefs are difficult to change because we identify with them. They seem to be ingrained as a part of who we are. And because we identify with them, we allow ourselves to be defined by them. **DON'T LET THIS HAPPEN TO YOU!**

If you think you could use some help moving past a belief that's been keeping you from getting the results you want, Hypnosis is the absolute best tool available, as it goes to the source of these limiting beliefs ... the sub-conscious mind.

**Your thoughts are the power and building blocks to the life you want.**

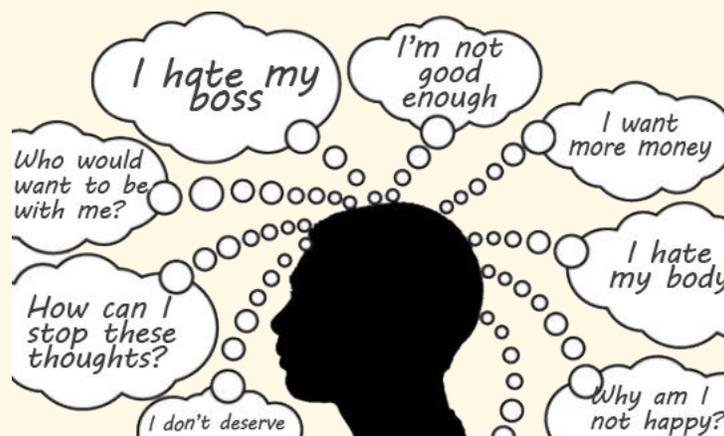
## Energy Expands

Your thoughts become energy. If your thoughts are negative, the energy is negative; if positive, then the energy is positive. When emotions become involved with the thoughts, the energy is even stronger. The energy however doesn't remain dormant — it expands. It expands each time you think your thought. Remember our example, *"I want to buy a new home."* versus *"I now have the home of my dreams"* The more you think a thought, the energy expands and builds, and the stronger the thought becomes. Dreaming of your "want" creates the initial energy. Dreaming of 'having' the house is enormously stronger!

As energy builds and gains strength, it begins to attract 'like' energy. Like a magnet, the energy attracts other similar matter to it. Since the energy is inside you, it attracts the similar matter to you. If your thoughts lean toward the negative, then you are attracting negative matter — dead end jobs, horrible bosses, bad relationships, never achieving that which you most want, constant struggle, conflicts, built up anger, and so on. But, if your thoughts are positive, you attract positive outcomes and positive situations.



As you can see, negative thoughts and energy weaken you and your ability to achieve a successful outcome. Positive thoughts and energy empower you. **Whatever you think, you attract back to you in greater degrees.** Literally, your thoughts DO create your reality. Evidence is all around you. Are your thoughts negative or positive? Do negative or positive situations, events and people surround you?



## **THOUGHTS:**

It is important to understand just how important thoughts are. Everything begins with thought! This very book that you are reading existed in ‘thought’ way before it was put down on paper. And yet, here it is! We generally accomplish very little without first having thoughts about it. Isn’t that true for you? Please understand that your life is made up by your thoughts.

**THOUGHT** is how you experience life. There is no other way to experience something except by thinking about it. Thinking about the past all happens in your mind. You experience the future in the same way. You run your hopes and dreams through your mind before you can ever accomplish them.

A person can accomplish a great deal in life and still feel like they’ve accomplished nothing. Maybe you know someone like that! So why is this? It’s because they’ve ‘**thought**’ about it that way! This has nothing to do with the reality.

Two people can experience the exact same situation and have different thoughts about it. Like two siblings brought up in the exact same home and experience their childhood from very different perspectives. Everything in life happens through thought, no matter what is actually happening, or seems to be happening.

### **Thoughts: The Very Stuff Life is made of!**

We have discovered that so far that life is completely experienced through **thought**. Even if this might be uncomfortable to you, remember I asked you to read this with an open mind. So stay with me. Because a person’s life is experienced through the thought process, and you are the only one responsible for your thoughts, then it would make sense that you actually **CAUSE** things to happen as a direct results of your judgments and evaluations which are a direct result of your thoughts.

You cannot experience anything internally unless you first think about it. When you think about past situations----- these all take place in the mind, and this happens through thought. If something happened five minutes ago, it happened in the past, and the only way to re-experience it is through thought.

So now that we have got more clarity about what is really going on (and it has always been going on your entire life, actually since the beginning of time), it should be obvious to you that it is of incredible importance that you improve the thoughts you are having. Why? Because it's the only way you're going to be able to change your life for the better. So, once again, **everything begins with thought!**

### **Beyond Thoughts: Negative thinking can destroy your life!**

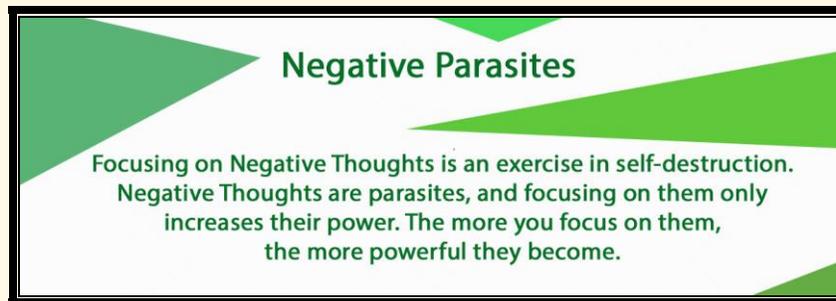
If your thoughts, and the energy attached to them, are negative, what type of speech and actions are you connecting to those thoughts? **Negative!** What you think in your mind (your thoughts) is how you respond to your life. If your thoughts are negative, then your speech and actions are negative as well. Likewise, if your thoughts are positive, then so are your speech and actions, which also add to the building and attracting of **'like energy'**.

IMPORTANT NOTE: Most people give more thought and energy to what they DON'T want, rather than what they DO want. And surprise surprise – guess what they get more of?

### **Why we think Negative Thoughts:**

The only way to overcome something is to confront it, no matter how uncomfortable that might be. So let's examine what might be going on here.

Most people just don't want to know ... they don't want to 'rock the proverbial boat' so they can stay in their familiar discomfort.



## **Here are some basic reasons why we think negative thoughts:**

- \* It's the easiest thing to do because it's the most familiar, and keeps us in our old familiar comfort zone.
- \* Creating a new positive mindset creates energy and effort, and effort is connected with 'work' and don't we have enough 'work' to do on a daily basis anyway?
- \* We don't want to be disappointed when something doesn't work, so we don't even allow ourselves to think more positively!
- \* Just like a child, the mind NEVER likes to be told what to do, or what to think.
- \* It's actually easier to think negative thoughts because we've been conditioned that way.
- \* It's become an automatic way of thinking!

Negative thoughts are like the 'default' of our mind. It's the place we keep going to, even though it's not where we really want to go.

The first step in the process of 'change' is to be able to identify these negative thoughts when they enter your head. Think of your negative thoughts as your 'enemy', even though they could be disguised as your 'friend'. To have peace in your world we need to make peace with the enemy, and not, as some people think, **eliminate** the enemy. That's right, just examine your negative thoughts for what they are. This is opposite to what you have likely been doing, which has been...to feed them. The only control that these parasites have is the control you give them.

**DON'T GIVE THESE NEGATIVE THOUGHTS ANY MORE CONTROL!**  
Replace them **IMMEDIATELY** with positive ones.

## **Self-Talk**

These are some of the thoughts we mentally say to ourselves, and to others, about ourselves. It might sound something like this:

“I’m not good enough”

“I’ll never lose this weight”

“I’m not attractive enough to get that girl/boy to date me”

“I’m too shy”

“I always fail at that”

“Things never work out for me”

“My father was right. I’ll never amount to much.”



These are only a small fraction of the negative remarks we say to ourselves. You could probably list many pages of your own limiting self-talk. Most comes from our programming, as the examples show. From these, we create our own negative labels about ourselves.

In this wonderful world in which we live, it’s amazing how very few people truly like themselves. Isn’t that really sad? Their self-talk defines them, and then life becomes a self-fulfilling prophecy — *you say you are, and so you become!*

Self-fulfilling prophecies, usually from your earliest programming, causes the doubt and fear whenever you wish to take a leap of faith and risk something. They pull you back to your comfortable and familiar zone, and keep you safe. They keep your expectations of yourself, and others, very low, including limiting your capabilities, talent, potential and opportunities. Self-fulfilling prophecies keep you from heeding potential opportunities that could just be your path to success.

Most parents never understood the importance of telling their children they were special, talented, important, beautiful, successful, creative...the list goes on and on. These concepts were never programmed into our internal 'computers'.

The change starts NOW... with YOU! You are now the operator of your complex internal computer... remember, **when you change your thoughts you change your life!**



## **Need to Be Right**

Many people have a need to be right! This particular programming can be so strong that it becomes a conditioned reflex. You'll argue your point until you're blue in the face. Ever have a time when you wondered why you argued about the topic at all? It wasn't even important to you afterward or, better yet, you could actually see the other person's point of view!

This is a result of programming; and unfortunately, doesn't make you many new friends (unless those people are forced to be around you – i.e. family).

To have an open mind and achieve your goals, you want to let go of this need to be right, the limiting self-talk, the negative programming, and the negative thoughts. You may determine to achieve a goal, but all of this negative energy will keep you from reaching it.



## **Exercise #1 --- Examine Your Thoughts**

This can get a little tricky because, as we mentioned before, bad, or negative thoughts, are often disguised as positive, and we don't catch on until the damage has been done. All thoughts are NOT equal – they're not the same.

But I'm a RESULTS person --- I want RESULTS! So please don't dwell on your negative thought patterns. Identify them where they rear their ugly head, mentally put them behind you and don't give them any further energy! What you feed will grow, and what you don't feed will expire and die! So don't 'feed' these negative thoughts anymore!

### **So let's look at your current situation:**

Write down your success goal (if you have several, choose only one for the exercise and use it for all the exercises within this book).

For the next seven days (do not skip any days), jot down all negative thoughts, speech and actions you have and whether you believe they may affect your goal or not. At first, you won't always catch yourself. As the week passes, you'll begin catching your negative thoughts, speech and actions more often.

**SUCCESS GOAL:** *(just one for now)*

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**Write down your Negative Thoughts:**

**EXAMPLE: I've tried everything but nothing seems to work!**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**TELL THE NEGATIVE  
COMMITTEE THAT MEETS  
INSIDE YOUR HEAD TO  
SIT DOWN AND  
SHUT UP**

## **Exercise #2 — The Influence of Programming**

For each negative written, determine if it came from programming, from whom, and how YOU may have caused the situation, OR kept it alive.

Then, determine what self-talk you contribute to keeping this programming alive within your life and why you need to be right about it. Begin the “need to be right” statement with, “If I’m not right, then ...”

Once you have completed these 2 exercises, I urge you to repeat Exercises #1 and #2 with different situations. You will begin to see how these negative thoughts, speech and actions have gotten in the way of your success. After uncovering them, watch as they **substantially decrease**. Keep them in this journal.

### **Came from Whom? What insights about their origin?**

**EXAMPLE: Came from Dad. He could never do better! Now I keep saying it.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## **If I'm not Right then.....**

**EXAMPLE: If I'm not Right then.....that means I actually could be successful!**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

### **Keep the following in mind:**

- Negative thoughts are our way of avoiding pain. Pain is what the ego avoids at all costs. So, positively confront pain or negatives, then let them go and move on with your life ... preferably, to something more positive that gives you pleasure.
  
- The types of positive thoughts that empower you are: love, harmony, kindness, peace, joy, generosity, happiness and goodwill toward others.
  
- Allow the world to be as it is, even if it's not the way you would like it to be. Accept that it's supposed to be this way *at this moment in time*, and be positive about yourself and your life, regardless of what's going on.

- Accept the people in your life *as they are* ... not who you think they could or should be, and especially .....if only they were different.
- Concern yourself only with those things you know you can change. The rest doesn't matter.
- The words 'problem', 'failure' and 'obstacle' are incorrect labels on your part. Problems and obstacles appear when you take your eyes off your goal; otherwise, you would see them as merely **opportunities** for growth and success. Failure need only be viewed as a milestone toward success.
- Affirmations are positive statements about yourself and your world. They are excellent for pushing the negatives away. Use them as often each day as possible.

## **Self-Talk**

Self-speech is an extension of negative thoughts and programming. Both contribute and cause negative self-talk. To remove it, you must change your attitude toward yourself and create and support an inner voice that only truly supports, encourages and loves you.

As you remove your programming and change your negative thoughts to positive ones, you'll automatically begin to say less negative things about yourself; but remember, self-talk is a habit too. **So be very consistent!**

**no**  
negative  
thoughts  
allowed

## You MUST change the Negative Self-Talk Habit:

- Stop using *labels* to describe yourself. Stop referring to yourself as shy, fat, ugly, short, too tall, overweight, and so on. Labels place you in a very tiny box that is difficult to escape and cancels out and sabotages who you really are. If you must use labels, then use only positive ones from this point on... such as:



I'm assertive, outgoing, just the right weight, just the right height, attractive, happy, popular and so on. (Fake it, at first, if necessary... remember the mind doesn't know the difference!)

Each time you catch yourself using a negative label, create a positive affirmation to repeat often and tape it up with the rest of them.

### EXAMPLE:

Negative: *"I'll never be any good at that!"*

Positive: *"I'm getting better and better every day"*

- Learn to love and respect yourself. Schedule one day each month with yourself. This means you plan to do something just for yourself and by yourself that pampers you and treats you with love and care and respect.

If you live with others, do this outside the home to ensure your time with "you" is not interrupted. It could be a day at the spa, a day doing something you love to do, walking in the park or the beach — what would make you feel relaxed and nurtured? Eventually, this love and respect for yourself will spill out to include how you feel about and treat others; and, since like energy attracts like energy, you'll receive love and respect in return from others. It doesn't happen overnight, but it will happen -- I guarantee it!

## Become Inspired

Along with determination and belief is being **enthusiastic about your goal**. Everything that happens along the way is another joyous milestone, moving you another step closer to success. Enthusiasm adds to your positive perspective and affirms your belief in the outcome.

Enthusiasm comes from inspiration. Inspiration comes from knowledge and enrichment of the mind, while ignorance fosters and intensifies fear, and fear is your enemy. Inspiration also helps you to further define and detail your plan of action.

Inspiration may be obtained through many sources. The most obvious is **education**, whether it is motivational material to keep you on your path, or gaining more specific knowledge to achieve your success. Education may be reading books, magazines, and journals, taking workshops and classes, listening to audios, and watching videos that educate and motivate in the area of your goal. These days youtube can help with almost anything. You become what you study, so expose your mind to anything and everything that adds to the achievement of your success.

Also, include educational and motivational materials that will help you **after** your success is achieved. Currently, you are in “the process”. Once you’ve achieved your goal, you need to already have the knowledge and motivation to use the success in a positive manner and keep it moving forward.



## **Power of Association**

The people that surround you influence your path, your attitude, your determination, your belief, your inspiration, and the outcome of your success. You should surround yourself with people who share your positive vision and desire to achieve your goal. Otherwise, you may be sabotaging your success through the power of negative association.

**People inspire  
you, or they  
drain you -  
pick them  
wisely.**

Associations may mean being around the people who can make your success happen. People you admire. People you want to emulate and who could help you with your new success.

## **Negative News Sources**

How many different forms of the news do you see and/or hear each day? It comes by way of the radio, television, the newspaper, magazines, and the Internet via our computers. There are clipping services dedicated to providing specific types of news by email or mail.

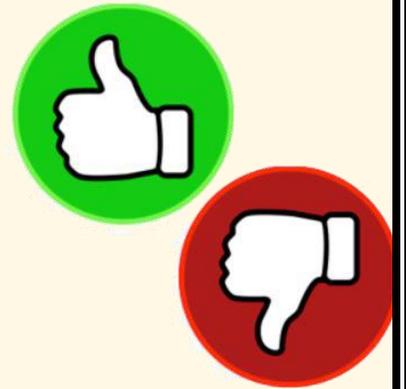


## **Suggested Exercise: Your Newspaper**

Take a copy of any local, daily newspaper, online or in print. Any day will do. If it's online, print it out. Get a black and a red magic marker.

Then do the following:

- Using the black magic marker and the front page only, outline and X through anything that is negative. This would include the weather that's generally in an upper corner, if the report isn't a positive forecast.
- Now, take the red marker and outline and X through the remaining verbiage. It has to be positive information/news, or it would already be marked in black.



How much red do you see, as compared to black? (Our experience with this exercise has been that there's very little red.) Now, envision multiplying the amount of black, which is the negative, times the number of pages in the newspaper; and then times the number of newspapers you read each day, or for some of you it might be what you read online.

That's how much negative you are placing in your brain's storage each day just from the media. **This is very powerful!**

You can further compound the negativity each time you listen to the news on the radio, even those short briefs every hour. Then, add in each news magazine and journal you read each month. Now, include the television news you watch — don't forget the noon news, the nightly news, and the end of the day news programs, each are at least 30 minutes in length. How about the news shows — 60 Minutes, Meet the Press, Dateline NBC, The Today Show, and Good Morning America, just to name a few. Don't forget the totally news cable channels — Fox, CNN, MSNBC, and so on. Then, there are the Internet news sites, web sites with news feeds on them, and news e-mails delivered to your in-box.

***Notice how much of the news is negative.*** How can you replace negative thoughts with positive ones, when you bombard your senses with all this negativity on a daily basis? Do you really need to see and hear all this news? I sure don't! And I make sure that I don't!

My husband likes to watch the news on TV so he uses headphones because he knows I don't like it. Choose just one form, once a day, and eliminate all the rest. For instance, only the nightly OR morning news that gives a brief accounting without all the details. The addition of images and brief interviews are like a picture — they are worth a thousand words. You get more in less time, without going in depth. You're also getting the headlines, which concerns you the most. You don't have to know about every problem across the world, in your state, city and neighborhood, or every little gruesome detail about a local murder.

**Other Negative Sources.** What type of books and magazines do you read? What type of movies and videos do you watch? Do you play electronic/Internet games? What television shows do you watch?



Constantly reading and seeing violent media adds additional negativity. Consider this: you love the forensic and justice television shows — NCIS; all the CSI shows; all the Law and Order shows; the forensic shows on the Discovery channel, the History channel, and the Arts & Entertainment channel. This might be just a portion of the forensic and justice shows on the television scheduled this season. If you're watching them all or even a good portion of them, look at all the negative you're putting into your mind. Like the news, you don't have to get rid of all of them. You could, for instance, choose to watch the one show you like the best. Then replace the other shows with positive, uplifting shows, or spend more time doing other activities. Watch more entertainment shows, musicals or some good old-fashioned comedy!!

What music do you listen to? How much alcohol and medication (or other drugs) do you ingest? How much caffeine do you take? What type of things do you have in your home? On your walls? In your office? On your office desk? Do these things and activities energize you? Do they soothe you?

Are your habits healthy? If your answer is no, then they are adding negative energy into your mind and body, contributing to stress and negative feelings. Again, replace what is negative with positive alternatives. These are all trade-offs you make for a better and more positive life. **Laugh and play more!**



## **Work versus Play**

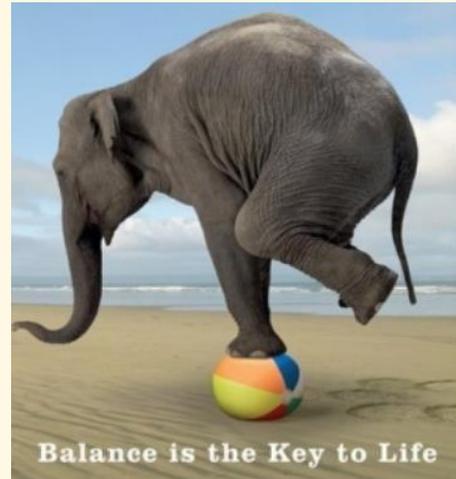
The mind requires a balance between work and leisure activities. You need to feel pleasure, challenge, reward, failure (in order to appreciate success), and so on. Unfortunately, we feed our minds very poorly. In the last decade, workaholics abound, with people working two and three jobs just to make ends meet, or 60 to 80 hours every week for fear of losing your job if you don't.

You need to gain a new perspective on the needs of the mind. Your MIND needs to be **exercised vigorously** (work) and **relaxed often** (leisure activities and rest), just like a muscle in the body. Too much work causes your mind to produce stress and fatigue, regardless of how much sleep you are getting. Too much leisure, your mind produces depression and apathy. It's easy to see why an imbalance is detrimental to achieving your success.

## **A Balanced Life allows you to More Easily Achieve Success.**

The key to achieving a balanced lifestyle is to eliminate chaos from your life. Chaos not only takes up time in your physical life, it takes up mental time and capacity. Chaos is the element that directly induces stress. It causes sleepless nights and can cause your mind to be moving a mile a minute.

Eliminating chaos from your life and achieving balance eliminates stress and mental fatigue, allowing you to focus on important things. It gives you **the freedom to create**, a necessary element of success.



Another great thing about eliminating chaos is that it frees up time that may be used in other endeavors, including working toward your success. How do you eliminate chaos? By simplifying your life. Clutter causes chaos. Get rid of clutter, and you simplify your life.

**LIVING CHAOS FREE**

## **Eliminating Chaos at Work**

When you simplify your work life, you work smarter, have more time to do what's important, and work less hours. Though your work situation is different from anyone else's, here are a few ideas to consider for simplifying your life and reducing or eliminating chaos, clutter and stress:

- Working more efficiently reduces the number of work hours needed. If you're working all the time, you have no time to be still, allowing your mind to think more clearly or be creative.

- Schedule time (or take it when it's convenient) to clear your head and allow new "creative juices" to flow, even if it's just minutes. You'll find that ideas and solutions formulate much easier and faster.
- Use time more efficiently. Set yourself up for the next day at work by cleaning your desk at the end of each day, putting away papers and files. Create a to-do list, too. The next workday, you're ready to start fresh, can find everything you need, and know where to begin working first. All you need do is get your coffee and get started.
- Take vacations, even short ones, and stay home when you're ill. You do not work effectively or efficiently when you are tired or sick. Plus, you give your illness to others at work, costing the company in more lost production than just your one or two days' sick leave. Vacations rejuvenate you so, on a regular basis, do something fun and relaxing.
- Simplify your work life. Consider different work alternatives: it could be full time, part time, telecommuting, flex time, or working at home.
- Avoid needless situations that drain time and energy.
- Minimize the number of lunch dates and work-related gatherings (either during or outside of work). Take your lunch every day and do something relaxing. Don't work through lunch, and **don't eat at your desk**.
- Give yourself a break each morning and afternoon, even if only to get your own coffee. Write the breaks "inconspicuously" into your schedule, or use your computer's calendar alarm and label it MB for Mental Break.
- Take an occasional pause and breathe deeply; stand up and stretch. It's easy to work for over four hours without realizing it. Use that computer calendar alarm to alert you periodically throughout the day. Use a short [DE-STRESS](#) Audio!
- Eliminate distractions. Do your personal business at home, including personal telephone calls and emails. Minimize co-worker socializing. If you have an assistant, have this person screen your visitors. Stand when someone enters your office — invite those you need to do business with to sit; all others, continue standing, and (after they have a quick say) let them know you're on deadline and would love to talk later, hinting that it's time for them to leave.

- Never automatically say “yes”! If you don’t have a quick answer for someone just say, “Let me think about that, and I’ll get back to you.” When I put that into practice in my life, it made a huge difference.
- Manage your workload. Many people do more than what was expected of them, either thinking they have to, or that it will impress the boss. Eighty percent of your boss’ satisfaction is related to only 20 percent of your work performance. That means you should focus 80% of your time on that 20% of work. If necessary, ask your boss what’s important to him/her for you to accomplish.
- Don’t make promises you cannot keep, especially meeting impossible deadlines.
- If you get overwhelmed at work, stop and leave your desk for a few minutes. Walk around the block or up/down a flight of stairs, or have a glass of cool refreshing water. Breathe deeply and relax your mind. If frustrated, laugh out loud until your body relaxes and you feel refreshed.
- Don’t procrastinate. Handle a piece of paper as close to once, whenever possible. You’ll find the work flows more smoothly, there’s less frustrations, and your inbox gets cleared faster.
- Cancel any subscriptions (including those through the Internet and email) that aren’t absolutely necessary (magazines, business reports, and so on). If you have an assistant, train him/her to read any media you need and highlight important information for you.
- Reduce the business junk mail that robs you of time and energy . Send personal mail to your home address, and work mail to your work address. Whenever you order anything or make charitable donations, request that your information not be sold or passed on to anyone else.
- Eliminate e-mail overload. Be selective about giving out your e-mail address. Ask to be deleted from non-urgent e-mail mailing lists. Keep a Hotmail or Gmail account to use when signing up for anything on the Internet. Keep your e-mails focused only on work. Ask co-workers to keep e-mails brief and for business only. Turn off the beep that announces each new e-mail. Schedule e-mail checking periodically, using your computer calendar alarm.

- Cut down on your telephone time. Don't give out your cell phone at work, and don't have them printed on your business card. If you use your cell phone for both home and business and must give someone, including a client, an alternative contact number, write it in. If your company supplies your cell phone for business use, you might have a harder time changing this.

Whenever possible, have your assistant screen your calls and take messages. Just like e-mails, schedule time to listen to telephone messages and do call backs periodically during the day. Don't play telephone tag, use voicemail and leave messages.



## **Eliminating Chaos at Home**

If you review the listed items above, many translate effectively to your home life.

- Are you always on the run? Must each of your children participate in five different activities each week? Can you combine errands together? Shop only once weekly or every two weeks, rather than daily? What else can you eliminate or reduce stress and chaos?
- Leave your briefcase at work. Don't bring it home, and don't work overtime (especially, weekends). Work shouldn't cut into your leisure time, especially when you have a family. (Many workaholics work to avoid these relationships; or they believe they must continue to provide "more" for the family, who would much prefer the person at home.)

- All those fix-it chores — what about hiring neighboring teens to do them? Or a professional service for the lawn care and snow removal?
- Develop a quality home life. Do fun things with family and friends.
- Cultivate new friendships and interests.
- Screen phone calls at home. Use your Voice Mail. Eliminate call waiting telephone features — always know who is on the other end of the line before answering. Don't feel that you need to speak to every person who calls. Leave call backs to convenient times. Handle all business during work hours.
- Turn off the cell phone, when enjoying leisure activities. It's not only annoying to other people, but it stops the flow of creativity and relaxation of the mind.
- Control your email and spam. See the work section on this.
- Cut down on your television time. Do activities that are more pleasurable. Spend time with your family.

## **YOU CAN ACHIEVE YOUR GOAL!**

Please know that even the process of choosing a goal can cause a change in your life's direction, *at first!* It's like one of those huge freighters at sea: if the captain shifts course by just a few degrees, it won't be noticeable in the beginning. But in several hours or days this change in direction will bring the ship to a completely different destination.

*So, if you want your life to go in a different direction,* give Hypnosis a chance. Please utilize all the information in this book so that you can shift your course, and take your life where *you* want it to go.

***Hypnosis is one of the most powerful tools  
for change known in the world today!***

# Wrapping It Up

This is the beginning step... reading this book. It ought to be a fast reading to help you understand the bigger picture

When I first started to change my life, it was incredibly relieving to realize that in order to change my life I just had to change my way of 'thinking'! That was really powerful to me because I had originally believed the world would have to change, and everyone in it, in order for me to be happy and successful!

**Read this book a second time, and a third time.**

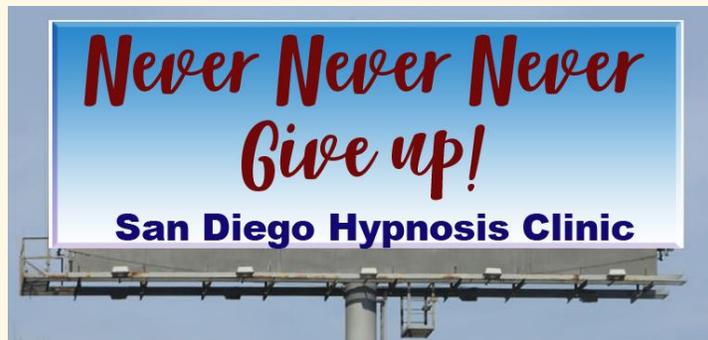
A second reading is for the purpose of absorbing different details. You'll notice that you pay attention to different parts. Make sure that you comprehend and truly grasp any fresh ideas the book presents. Even though something might seem obvious, even unnecessary, do it anyway!

Read for the future. The 3rd reading is more of an organized thinking process than it is a reading job. Literally learn passages that have certain meaning to you.

Discover ways they may relate to issues you're presently facing. Test fresh ideas; attempt them; discard the worthless out-of-date thoughts and imprint new positive ways of thinking indelibly into your habit patterns.

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There's a popular story about a salesman who's talking to his sales manager stating: "*Gimme that old sales talk again, I'm getting kinda disheartened.*" All of us might become disheartened. We ought to re-read the best of our books at such times to rekindle the fires that got us going in the first place.



*My dear Reader,*

*Even though you might not know me, I know you. I've been where you are. I had almost given up. But I didn't. And I've written this book to give you Hope. To give you a belief in yourself that when you change your 'MIND' you change your Life. I'm living proof! And I didn't start until I was 40! That was 30 years ago and I've never looked back.*

*This book includes 30 years of experience. This book CAN change your life ... and change it with incredible speed. Everything explained is completely realistic, giving you tools to release the positive energy, the confidence, the capacity to change your life by changing your thoughts.*

*This is a book for Living ---not to be read just once. These concepts helped me change my life, so I know they can help you change yours!*

*Right now you have an enormous opportunity to open up your life, an opportunity to live the life you want to lead. Make the small effort to implement these concepts into your daily life. You were meant to be successful. You were meant to be happy. You were meant to be prosperous.*

*All you have to do is Change Your Daily Thoughts and you Change your Life!*

*I wish you the very best of everything in your great New Life that lies before you!*

*Diane Edwards*

*"You're selective about the car you drive. You're selective about what you wear. You're selective about what you put in your mouth ...Be selective about what you think."*

**If you're Ready to make Changes ... Hypnosis is the ABSOLUTE best way to go**

# **YOU ARE WHAT YOU THINK**

*If you think you are beaten, you are;  
If you think you dare not, you won't;  
If you want to win but think you can't,  
It's almost a cinch you don't.*

*If you think you'll lose, you're lost;  
For in the world we find  
Success begins with what we think;  
It's all in the state of mind.*

*Life's battle does not always go  
To the strongest and fastest man;  
But sooner or later the one who wins  
Is the man who thinks he can.*



# I'M AS CLOSE AS YOUR PHONE!

**T**o those who have never met me I'd like to introduce myself, say 'Hello', and take this opportunity to offer you a new alternative to achieve success in your life –

## HYPNO-COACHING!

If you have goals that have not been achieved, or issues you'd like to have resolved, why not take advantage of Hypnosis-by-Phone -- a unique combination of talk therapy on the phone (to discuss your individual needs and concerns) followed by a specifically designed Audio, which, if listened to repeatedly, guarantees powerful successful results.

(This recording will be designed especially for YOU)



**You can visit me personally in my office in San Diego or *we could do it in the comfort of your home, by phone!***

### PRIVATE PHONE SESSION INCLUDES YOUR CUSTOMIZED AUDIO

So make your wish list, and email me at **DianeEdwards@GreatHypnosis.com** or call me at 619-246-9661.

Let's work together to finally make those healthy positive changes in your life.

I look forward to hearing from you soon,

To your Success,

*Diane*

P.S. Consultations are always free, so if you're in doubt, let me know what's going on. If I think I can help you, I'll tell you, and if I don't think Hypnosis would be best for you, I will tell you that also.

## POWERFUL SELF-HYPNOSIS AUDIOS

If these Audios are listened to repeatedly, they can create Healthy, Positive Changes in your life, easier than you ever thought possible.

- **W1 WEIGHT-NO-MORE --- Relaxation**  
**End Diets Forever!** This CD is one of the most powerful guides to easy and effortless weight loss, helping to reprogram your mind for permanent change.
- **W2 WEIGHT-NO-MORE --- Affirmations**  
**Perfect for the Car!** Can be listened to anywhere to help bombard your mind with positive healthy eating habits and positive self-image. A must if you drive!
- **W3 WEIGHT-NO-MORE --- Subliminal Ocean Sounds**  
**Lose while you Snooze!** Messages are subliminally directed to right and left brain, being deeply absorbed for supporting healthy eating — great for sleep!
- **ELIMINATE CRAVINGS --- Relaxation**  
This Audio can help you turn off your craving for an unhealthy food and turn up your craving for a healthy food. And the best part --- there's no struggle or deprivation. Start dropping those lbs easily!
- **BUILD YOUR SELF-ESTEEM --- Relaxation**  
**This is a must!** Face life's challenges with a strong belief in yourself. This CD can produce total changes in personal self-esteem and confidence.
- **SHY-NO-MORE --- Relaxation**  
**Have lots more fun!** For overcoming shyness and improving social skills, this CD can work wonders. No matter which kind of shyness you have, hypnosis can help you bring out your strong side, the side that may have been dormant most of your life.
- **HAVE A SLIM TRIM BODY--- Relaxation**  
**Create a New Slim Trim Body!** Only if you can see, feel and believe it, can you achieve it. This CD helps you see, feel, and believe that you CAN be your ideal weight, looking and feeling the way you want to look and feel.

- **DEPRESSED-NO-MORE--- Relaxation**  
**Feel Optimistic Today!** This CD will help lift that dark cloud, eliminating anxiety and fear, feeling more content and at peace than you have ever felt.
- **PROCRASTINATE-NO-MORE--- Relaxation**  
**Develop a 'Do-It-Now' Attitude!** Now is your chance to approach everything in your life with a new-found enthusiasm and energy, giving you a Do-It-Now attitude. End Procrastination in your life forever!
- **ELIMINATE SELF-SABOTAGE ---- Relaxation**  
 If you sabotage your own success this Audio can re-program your subconscious mind so that you create YOUR life the way you know it can be. Imagine how good it would feel to get on with your life and end self-sabotage completely.
- **I LOVE TO EXERCISE--- Relaxation**  
**Make Exercise Fun!** Feel more motivated than ever before to get to the Gym, go walking, or whatever you choose. You can actually re-program your mind to ENJOY exercise, so you don't have to struggle anymore! Hypnosis Works!
- **STRESS-NO-MORE--- Relaxation**  
 Stress is an amazing thing - it has been linked to most health problems, including heart attacks and strokes. Doctors say that 75% to 95% of patient visits are stress related. Just imagine being able to handle all situations in a calm relaxed manner. This recording can help you do that, *easily!*
- **SLEEP – SLEEP – SLEEP --- Relaxation**  
**Imagine no more Sleeping Pills!** This Sleep 'miracle' audio uses just the right suggestions to quickly train your mind to relax, giving you a full healthy night's sleep. It works for everyone, helping you to fall asleep and stay asleep longer. *This is a MUST for insomniacs.*
- **LOWER YOUR BLOOD PRESSURE --- Relaxation**  
**High Blood Pressure** can cause a heart attack or stroke with little or no warning. This CD has been devised to capitalize on the mind/body connection to help you relax and allow your body to regulate itself, so that you can get that perfect reading every time.

- **S1 SMOKE-NO-MORE --- Relaxation**  
**You are NOW a Non-Smoker!** Say a permanent 'goodbye' to cigarettes and a resounding 'hello' to health, happiness, and success. And the best part – No Withdrawals, No Weight Gain and No Struggle!
- **S2 SMOKE-NO-MORE --- Affirmations**  
**Perfect for the car!** This CD is designed to bombard the mind with all the amazing powerful feelings of a NON-SMOKER! It helps keep you on track.
- **S3 SMOKE-NO-MORE --- Subliminal Ocean Sounds**  
**Reinforce No-Smoking Messages while you Sleep!** Listen to this before or during sleep to allow the mind to receive powerful subliminal, healthy, NO SMOKING messages. Can be listened to anywhere, anytime!
- **ELIMINATE HOT FLASHES --- Relaxation**  
Never underestimate the power of the mind to modify our experiences. You can eliminate the discomfort of **hot flushes** and no longer be a helpless sufferer. By listening to this CD repeatedly, any woman can cool down her hot flushes, feeling fresh, cool and relaxed.
- **M1 INCREASE YOUR INCOME --- Relaxation**  
**Allow Money to Flow into your Life!** Use the power of your inner mind to attract money and prosperity while letting go of all blocks that might have kept you stuck! Finally, start living with a new wealth and prosperity mindset.
- **M2 INCREASE YOUR INCOME --- Affirmations**  
**Perfect for the Car!** Listening to this CD repeatedly will help reprogram your mind to attract exactly what you want — money, money, money !!
- **M3 INCREASE YOUR INCOME --- Subliminal Ocean Sounds**  
**Powerful Money Messages!** Messages are subliminally implanted to create a new prosperity mind-set to help you attract wealth — great for sleeping too!

- **T6 SUCCESS IN BUSINESS --- Relaxation**  
**Aim For Success!** There are no limitations, only those that you put on yourself! Why not reprogram your mind for more success than you ever dreamed possible?
- **CUT DOWN ON ALCOHOL --- Relaxation**  
 Are you drinking a little too much but don't want to stop **completely**? If you find it hard to reduce on your own, Hypnosis just might be the answer! You'll be amazed how much calmer you'll feel, and soon wonder how you **ever** drank so much.
- **NO MORE ALCOHOL --- Relaxation**  
 Alcohol is a very damaging substance, and can affect your life in many negative ways. Using Hypnosis, alcohol can lose its hold over you remarkably quickly, helping you to start living a healthier free life. You'll be amazed at the relief and freedom
- **B2 ATTRACT YOUR IDEAL PARTNER --- Relaxation**  
**You can have it all!** Reprogram your mind to attract your ideal partner, while letting go of past blocks -- finally creating the relationship of your dreams.
- **I LOVE TO FLY --- Relaxation**  
 Fear of flying can make air travel very unpleasant indeed. This audio uses an incredibly effective technique to quickly desensitize the fear, helping you relax in planes just like those around you. You will be astounded at how different you feel next time you board an airplane.
- **I LOVE THE DENTIST --- Relaxation**  
 Dental phobia can be so powerful for some people that they don't visit for years. You CAN overcome your fear of the dentist by reprogramming your subconscious mind to allow you to relax no matter what the procedure. This audio makes that possible!
- **NEW! 6 MINUTE 'TAKE A BREAK' CD**  
 Think about this: you are stressed and overwhelmed. Pop in the 6 minute CD and you will be totally revived and energized, ready to carry on your day in a more effective efficient and productive manner.

□ **CREATE AN INNER POSITIVE STRENGTH -- Relaxation**

This Audio creates a Positive Intention to think, act, behave and feel positive at all times, finally designing your life the way you want to be. Feel strong and powerful in all areas of your life.

□ **MENTAL VALIUM --- Relaxation**

Too much stress and tension can lead to exhaustion, anxiety, depression and physical illness. You don't need Valium to help you relax. Listening to this CD will help you stay calm, relaxed and in control! This is Mental Valium!

□ **ELIMINATE MENTAL CLUTTER – Relaxation**

When our home is cluttered we have to springclean. But what about our mind? When that's cluttered we can't think clearly, sleep well and we're not productive. This Audio will help to de-clutter your mind creating peace and harmony. Imagine your life without all that mental clutter!

□ **PASS EXAMS EASILY --- Relaxation**

After all your hard study, you walk into your exam and **your mind goes blank**. How scary is that? This CD will train your subconscious mind to provide you with just the right blend of relaxation and focus when you get to your exam.

□ **ENJOY PUBLIC SPEAKING --- Relaxation**

Banish your fear of public speaking by re-programming your subconscious mind to respond to presentations with confidence, energy and enthusiasm instead of anxiety and nerves. You won't believe the difference!

□ **BLUEPRINT FOR SUCCESS --- Relaxation**

All new ideas need a blueprint, so why not have a Mental Blueprint for your Life! This unique CD will re-program your mind to feel confident and powerful, helping you create your life the way you WANT it to be!

- **DEEP DEEP RELAXATION --- Relaxation**  
Deep relaxation gets your mind and your life working better. Even your memory works more efficiently when you have relaxed deeply. This CD will help you feel more relaxed than you have ever felt before. You'll be amazed at the results!
- **HEALING LIGHT --- Relaxation**  
Sometimes our body is not right! Allow this Audio create a wonderful healing energy to flow easily through your body creating peace and harmony and bringing you amazing feelings of health and vitality.
- **FEARS AND PHOBIAS GONE FOREVER --- Relaxation**  
You can easily overcome fears and phobias with hypnosis, because such anxieties are extremely common and live in the mind only. So you are not stuck with them forever. This Audio will help you be finally FREE of all fears and phobias.
- **STUTTER NO MORE --- Relaxation**  
Stuttering, or stammering, can be such a terrible block to a satisfying life. This unique CD actually changes the way your brain is functioning, and 'normalize' it to allow smooth speech to take place more easily. Imagine the relief when you're able to TALK easily and smoothly.
- **STOP CLENCHING TEETH --- Relaxation**  
Teeth grinding is a bigger problem that many people realize. It can cause a painful jaw in the morning, serious tooth damage, and affect your sleep. Because hypnosis works with your subconscious mind, it can help re-program your mind to relax the main jaw muscle. End clenching completely!
- **POSITIVE MENTAL ATTITUDE --- Relaxation**  
Known fact: When you have a positive attitude you will live a more positive life. This audio will tap into your subconscious mind, allowing you to bring about a complete transformation in your outlook. You won't believe the difference!

□ **LIBRARY OF CHANGE --- Relaxation**

Hypnosis can help you adopt the mindset for new positive changes in your life. This CD has a very special concept using a magical 'library' so you can create the changes you WANT to make.

□ **NEW! JUMPSTART YOUR DAY!**

Experience an energizing start to your day with the help of this unique hypnosis audio. Feel full of energy as soon as you open your eyes in the morning and you will always feel ready to start your day.

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*Hi Diane, I just wanted to let you know that I had my first weigh in at Weightwatchers last night and I'm down 5lbs! Amazing!! I'm doing really well and enjoying my new outlook on life and eating. I'm so much happier in myself and my life doesn't revolve around what I can stuff into my face!! Thanks to your audio I've found it really easy and I've had several challenges which I've had no problems facing. Thank you very much and I'll keep you posted." Barbra P Boise ID*

*I cannot thank you enough for the improvements that I have already experienced. I have been able to get off to sleep without any problem almost every night! I still think to myself "will I really be able to get to sleep?" but it's so much better! I feel so much calmer generally, and hopefully I'll soon be off sleeping pills. I keep reminding myself that I don't need to stress anymore. I have hypnosis." Sheila K Alaska*

*"Thank you for giving me back my energy. Your audios have made such a huge difference. I'm back in the Gym every day and feel great. Thank you so much".  
Tim N Fort Lauderdale, FL*

*"Listening to these audios have been the best thing I've ever done in my life. I was dealing with a few different issues and now I feel like a different person. Like a huge weight has been lifted off me. I can't thank Diane enough and highly recommend these to anyone wanting to make changes." Bernice W. Huston TX*

**[CLICK HERE TO READ MORE](#)**

## WANT YOUR OWN PERSONAL SUBLIMINAL AUDIO?

Are you aware that **Subliminal Recordings** are a wonderful way to re-program your mind to create healthy positive changes?

Subliminal Recordings are a completely safe, straightforward, drug-free and 100% natural alternative to relaxation audios. This special recording delivers a positive message to your subconscious mind *without you being aware of the actual words spoken*. All you will hear are ocean sounds and maybe occasional parts of words.

I will take all your personal affirmations and carefully place them UNDER ocean sounds, based *only* on *your* specific needs.

When these messages are listened to consistently they will help you feel better, change negative behaviors, be more positive. These very special audios, personally created by me, can help you make changes with no conscious effort at all.

*And the best part is:* these are **YOUR** personal messages and no one knows what you're listening to. **Remember, these recordings are absolutely personal to you - you give me all the messages you want to hear and I will record your own personal Subliminal CD.**

That's right! **YOU** must give me a list of your personal messages that you want to hear over and over again and I will create your own Personal Recording.

I look forward to hearing from you, as always

*Diane*

P.S. This could make a really innovative gift --- even for a child! It can be played over and over and all you hear are ocean sounds with the messages embedded!



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**Certified Master Hypnotherapist**

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