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Discover the **SECRET** to permanent weight loss that most people will **NEVER** know!

*Exclusive Interview With
Amanda O'Keefe C.Ht.
&
Radio Host: Martin Wales*

Learn how Hypnosis can help You:

Lose your fatty layer once and for all

Be irresistible to ANY man or woman

Become a better lover and have the best sex life

Be more confident and energetic then ever before

Learn how other people have lost 20lbs, 40lbs, 60lbs +++ EFFORTLESSLY and FAST!

Created by:
A. O'Keefe C.Ht.

Certified
Master Clinical
Hypnotherapist



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Lose Your Unwanted Weight and Live a More Fulfilling Life When You Discover the Absolute 'Secret' Most People Will Never Know



**Martin
Wales:**

Hello, and welcome to Health Matters. Is yoyo dieting, weight loss pills and every other source of desperation that you've tried to lose weight bugging you? Somehow do you seem to always gain it back? Well, we're going to talk about something today that may be able to help you. It's healthy, secure and best of all, permanent.

We're going to talk about Hypnosis. That's right. Here today we are going to talk about a secret that most people will never, ever know about and you can use it today to lose your unwanted weight and live a more fulfilling life.

Hi, this is Martin Wales and we're here today with, of course, another expert on health matters and we are going to be talking with Amanda O'Keefe. Hi, Amanda.

**Amanda
O'Keefe:**

Hi, Martin.

Martin: Amanda, you are a Certified Clinical Hypno-Therapist. What is that?

Amanda: Well, what it means is that you have to go through intense training and testing, upon completion of each level (Hypnotist, Advanced Hypnotist and finally Master Clinical Hypno-Therapist) you become a certified by a recognized



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National Board of Hypno-Therapy. You must have hands on practical experience to be a fully qualified Master Clinical Hypno-Therapist.

With your experience you are actually able to help people overcome pretty much anything they dreamed possible such as overcome their fears, stop smoking even if they have been smoking all of their lives, gain self confidence, perform better in sports, and of course lose their weight quickly and permanently.

Hypnosis is a state of inward attention and focused concentration. It is often referred to as trance or as an altered state of consciousness. When the mind is concentrated and focused, people are better able to tap into and utilize their inner resources, to make personal changes, and to make their lives better than they ever dreamed possible.

Because Hypnosis and self-Hypnosis allow people to use more of their potential, they gain more self-control which in turn allows them to accomplish most anything!

Martin: Excellent. Now I guess I under-introduced you. Amanda is actually a Certified Master Clinical Hypno-Therapist with years and years of experience. You've helped dozens overcome not just weight loss but stopping smoking, being a better golf player and even getting over their fear of water. What's with the fear of water? Like going out on a boat?

Amanda: More than that Martin, This patient was petrified of water, the mere thought of being in or near water would make her anxious, sweat and feel sick to her stomach. You see; she had a near death experience when she was a child that haunts her to this day. As she grew older she wanted nothing to do with water. She did not want to go swimming. She did not like to travel if the plane would be over water. And she absolutely would not go on a boat. As her children grew older she realized that she as well as they were missing out on the joy of simply going to the beach or experiencing other joys that included water. She



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also noticed that they were starting develop the fear also. My patient decided then that she wanted to make a change, and she would do whatever it takes to overcome her fear and live a happier, more fulfilling life.

Martin: Wow.

Amanda: That is when she came to me; we discussed her fears, her frightening experience and what Hypnosis is and how it can help her achieve her goals. After just 5 sessions she took her family to the beach and guess what...she went swimming! She called me the very next day crying and thanking me.

In my eyes, she really had herself to thank because she had it in her this whole time. You see Hypnosis is just a tool, a means to tap into your subconscious and make the changes necessary to accomplish your goals.

One more thing I should mention is that she has just returned from a two week cruise and had the time of her life, without an ounce of anxiety or fear!

Martin: Wow, so you really help people with their lives. I mean, Amanda, I didn't read out all her education. She's got Basic, Advanced, and Master Clinical Certification. She is board certified by the National Board of Professional and Ethical Standards and a Certified Member of the British Association of Therapeutical Hypnotists, the Professional Board of Hypno-Therapy in Canada, Inc. and the Australian Hypno-Therapy Association, as well. So, certainly I'm getting used to saying Hypno-Therapy today, Amanda.

Amanda: Yes. I have worked hard to get where I am today! You know, Hypno-Therapy is definitely becoming world renowned for the amazing effects and impact it has on peoples lives. Even doctors are recommending it to their patients!

Martin: So, what brought you to Hypno-Therapy in your background because just before we came on the air here



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today you were telling me that you weren't always in Hypno-Therapy? It wasn't what you were thinking about and you just came to it, so I think it would be interesting for our listeners today to know that you came to this by surprise, also.

Amanda: Exactly, I came to Hypnosis – or it came to me - by chance. I just finished college and I, like many others took an unrelated job while looking for my so called “dream job”. I started working for a Hypno-Therapy clinic as the client services administrator. I didn't know what Hypno-Therapy was, how it worked or even if it was real! I was extremely skeptical as you may be right now.

As time went on I started to get to know the patients personally, I heard their stories, what effects Hypnosis was having on their lives. I was actually able to see first hand the benefits Hypnosis was having with different people with different issues at hand. They were becoming much more happier and confident, they were literally losing pound after pound right in front of my eyes!

Martin: So, you actually were observing people getting help. This wasn't Hypnosis in Hollywood or Vegas here, people doing ballet and pretending they are Madonna. This was real people coming out and throwing away cigarettes, feeling better about them-selves and losing weight.

Amanda: Exactly. It was firsthand experience and it was absolutely amazing. So I wanted to see firsthand what this was all about. I became more and more interested because I would literally see men and women who had been smoking for all of their lives walk out, throw their cigarettes in the trashcan and were done with it for good. They would call back week after week telling us how happy they were, that they can breathe, that they can exercise, walk up the stairs and play with their children and grandchildren.

At the time of working at the center, I was in a very unhealthy relationship; those who have experienced a similar situation know that an abusive (for me, emotionally



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and verbally) relationship does nothing for your self-esteem and confidence. As a result I was overweight and depressed). I was not happy in my relationship and let someone else have a negative effect on my life. I chose to find my happiness somewhere else, in food - sweets in particular. I remember waking up one day and looking in the mirror and asking myself where that confident, happy, thin and attractive woman went – that would be me!

That's when I decided to book my first Hypno-Therapy session to lose my unwanted weight – 30 pounds to be exact. I figured that if I were skinnier I would be happier.

While I was speaking with the Certified Hypno-Therapist, together we realized that there was something much more to me being overweight. I was holding on to my fat for dear life, it was my security blanket. I felt like if I let go of it I would have nothing to keep me safe. We also discovered that my low self-esteem and confidence were preventing me from making the changes I needed to change my life and lose my weight. I didn't think I could therefore I didn't even try.

That Hypnosis session was the day that changed my life forever! After attending a couple of sessions and listening to my personal sessions at home I made the changes necessary for me to be happy again.

I have since said goodbye to that unhealthy relationship, I have never been so confident and sure of myself in my entire life, I have lost 35 pounds and love the way I look and best of all I am engaged to a wonderful man whom I adore and cherish and treats me better then I could have ever dreamed. I am the happiest I have ever been and it all started from making the decision to change my life. I wouldn't have been able to follow through on my plan so easily without Hypnosis. I am truly grateful!

After ranting and raving about the wonderful and amazing benefits Hypno-Therapy had on me, I realized that I wanted to help other people as I was so graciously helped.



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I wanted to change people's lives and make a difference. That's when I started training to be a Certified Hypnotist. I loved it so much that I continued training and taking courses surpassing the Basic and Advanced Certifications and moved on to be a Certified Master Clinical Hypno-Therapist.

Martin: That's amazing. So often, there are underlying issues to being overweight then besides just food?

Amanda: Yes, precisely. Usually it is much more complicated than being overweight or liking the taste of food. It could be anything like I mean even...

Martin: Chocolate is my friend. Right.

Amanda: Exactly, and did you know that chocolate is a mood suppressant? It gives that "feel good" sensation for a short time and then you feel even worse after it wears off!

Like I was saying, there are so many underlying reasons why men and women hold onto their fat. It could even be something as simple as your parents telling you that you can't leave the table without finishing the last bite on your plate so as an adult you think that you have to finish every last bite. Well, you don't have to. You can leave something there and you don't have to feel guilty about it.

Martin: I guess it starts in the kitchen. We figure we have to stack our plate at the all you can eat buffets.

Amanda: Exactly.

Martin: You know what? You make some amazing claims today. People can be thin, feel sexy, confident, happy, more energetic about them-selves. Obviously this can lead to other things like certainly improving your love life, becoming irresistible to any man or woman. I mean these things actually all sort of stem back to confidence.



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So let's really get into some of this today for our friends listening. What is Hypnosis first of all? I think if we define the tool and then we can sort of get into how we can use it for weight loss. Is that a good place to start?

Amanda: Absolutely! Hypnosis is a state of deep relaxation where the patient feels comfortable and secure and at that point they can accept suggestion directly through the subconscious mind. It's the in between state of being awake and asleep.

For example, you're driving home from work. You take the same route every single day and you kind of zone out the whole way and you get home and wonder, "Okay, how in the world did I get home?" That is Hypnosis.

Martin: Wow, like I don't remember getting off the exit.

Amanda: Exactly! It's just programmed in your subconscious mind.

Martin: Super. Well, I mean I guess I have been to some of those Hollywood Hypnosis shows and you know, the guy sort of goes around and looks at people or he has some of them on stage and he gets some of them to sit down. So can everybody be hypnotized?

Amanda: Yes. Now, the difference between stage Hypnosis where you go and cluck around like a chicken is [laughter] that stage Hypnosis is strictly entertainment. A stage hypnotist doesn't choose a person because they are good hypnotic subjects; he picks them because they are good entertainment.

Most stage hypnotists can ask members of the public to do ridiculous things and they will willingly do it, there's no Hypnosis involved at all! Stage hypnotists choose the people that want to enjoy themselves, who want to be on that stage. They want to be compliant, they want to do what they are being asked to do no matter how ridiculous, and they want to be the stars of the show!



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Martin: Right, that makes sense.

Amanda: Hypno-Therapy is an altered state of consciousness, which is a bit like daydreaming. Hypnosis is special because it opens up a channel of communication between the conscious and sub-conscious mind. It is not asleep but a relaxed state where we focus and close down the conscious mind, where we store all of our beliefs and values.

We can then allow ourselves to absorb new values, beliefs and desires, thus enabling changes that we want to happen, to occur. Hypno-Therapy is the use of various techniques within that altered state to bring about change, to resolve conflicts and to heal. Now remember that Hypnosis is only achieved when the recipient is willing and desires the change to occur.

Martin: So, everybody can be hypnotized. It just also comes down to the decision, "Yes, I do want to lose weight. I do want to stop smoking," or whatever it is.

Amanda: Exactly. If you wish to be hypnotized you can be. Nobody can ever be hypnotized against his or her will.

Martin: Excellent. Well, I guess the first thing that comes to mind is I'm putting myself in the hands of an expert hypnotist or Hypno-Therapist and you know, maybe people have heard stories. Is Hypnosis safe?

Amanda: This is a question that comes up most often. Absolutely. Hypnosis is a 100% natural state; and is completely safe. You cannot get trapped in a hypnotic state, if for any reason you have to break off in the middle of a session, you can simply arise from your state of Hypnosis and you will be able to deal with anything that needs your attention. Always remember that Hypnosis is simply a deeply relaxed state, you are not asleep and you are ALWAYS in control.



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Martin: Okay, well, you know, I'm certainly curious. I haven't used this before to address any issues. Who does it, like how do I find a Hypno-Therapist? What do I look for?

Amanda: Well, first of all you want to make sure that your hypnotist is fully qualified and Certified in his/her field. If you go to a hypno-therapist, be sure to ask to see their qualifications. You will want to make sure that they are a recognized Hypno-Therapy Association member. Being sure of all of their qualifications means you're being sure that you're safe. Even though Hypnosis is completely safe, you want to make sure that the person helping you is sincere and trustworthy. All Board Certified Hypno-Therapists must follow a strict code of ethics and are closely monitored by their institution.

Martin: Excellent. So, I'm looking for certification and you know I'm probably, like anything else, going to talk to some people who have been to the Hypnotist and are experiencing success.

Amanda: Absolutely. You want to see testimonials of other people they have helped.

Martin: Well, I have to say that recently I have been addressing my weight and you know, doing cleanse things, one meal a day shake replacement, all that kind of stuff. Now I'm taking a look at this Hypnosis thing and certainly what you're saying is very interesting. How successful can it be?

Amanda: It can be as successful as you want it to be. As long as you have the desire to make the change then Hypnosis will be successful for anyone. As long as you can visually see what you want to accomplish then absolutely, Hypnosis can be right there with you. It's not a cure or magic. It's simply an aid to help you tap into your subconscious mind to make the changes that you thought you couldn't do on your own. It is there to guide you in the right direction, help you accomplish anything you desire.



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