

# LIVING HOPE CLINIC

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## COMPREHENSIVE WEIGHT MANAGEMENT PROGRAM

Our comprehensive weight management program includes behavior modification and nutrition and a set of hypnosis programs. One session of hypnosis is not usually effective. Therefore, we are sending you the outline of our program. If you find the program is interesting, please contact our office for your first, initial assessment, session.

Our program has four integrative sessions. The first is our hypnosis section. We advise the full series. However, we will tailor all parts of the program for your particular needs.

Weight Loss Motivation  
Lose Your Sweet Tooth  
Envisaging You  
Will Power  
Super Portion Control  
Exercise and Fitness  
Focus on Others

Stop Binge Eating  
Think Thin  
Stop Emotional Eating  
Choosing the Right Foods  
Get Moving  
Ultimate Gym Session

Second, research has shown self-help support groups as effective resources. We therefore recommend:

1. Compulsive Eaters Anonymous or
2. Weight Watchers

Third, we recommend information that includes facts about the biology and behavior management for good nutrition. This can be found in the book Stop Gaining Weight by Laura Pawlak, Ph.D., M.S., R.D. who is a nutritionist.

Finally, we recommend a book about the psychological aspects of overweight written by a psychologist who was overweight. This is Fat Is A Family Affair by Judi Hollis, Ph.D.

Sincerely,

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