



ACCESS

The Official Journal of the ABH and ABNLP

SUMMER 2008

Cutting Edge Knowledge
High Energy
Fun-Filled
World Class Teachers,
Authors & Speakers

Reserve Your Seat
TODAY!



*Current Members Attend
The Conference FREE!
(on Saturday and Sunday only)*



MARK YOUR CALENDAR!

Sponsored by American Board of Hypnotherapy • American Board of NLP • Time Line Therapy™ Association

702-456-3267 Fax 702-436-3267 www.abh-abnlp.com

Spirit Release Therapy - A Guide

Imagine, if you will, a lighthouse shining its beam of light out to sea on a dark, rainy night. The lighthouse keeper cannot choose which ships the ray of light guides into port: the light is there for all to see and use. So it is with us: as we become more spiritually aware and powerfully "switched on," we begin to shine more brightly, and like the keeper, we cannot decide who or what is attracted to our light. We are noticed by both good and bad, and yet to dim it is unacceptable. Therefore, we must learn to cleanse and protect ourselves on a daily basis.

When this cleansing and self-protection is carried out regularly, we become much more in tune with our bodies and energy systems, and soon feel even slight changes that we have picked up some negative energy. These attachments can be anything from the minor annoyance that we may feel from having brushed against someone, in an energy sense, in the supermarket to a full blown malign spirit attachment. The prime importance for us all, on a daily basis, is to ask our guides for cleansing and protection for each 24 hour period. This can be carried out in many ways, and there are lots of scripts available to do this. The key to this work is in the asking, as we all have free will, for if you don't ask, you don't get.

The cycle of reincarnation . We return to the light for discussion, re-evaluation and education, unless our spirit actively chooses to remain in the earth plane or gets "lost" and cannot find either the way to the light or a loving being to guide them. Those entities which do not return to the light tend to join the spirit of the living beings for company, perceived enjoyment or control, often a mixture of all three.

Spirit attachments fall into 3 main categories: first, those who get "lost," second, those who actively choose to remain, and finally, the truly malign.

First, in the case of multiple deaths, upsetting circumstances, or any sort of upheaval or melee at the time of passing, the spirit may simply lose its way.

Client A came to me with a longstanding phobia of driving on the motorway. She could drive on all other types of road, including dual carriageways, but not on a motorway. She would panic, sweat profusely, be unable to breathe, and her arms would lock, making it almost impossible to control the car. It transpired

that around ten years ago, whilst driving down the M1 she came across the site of a multiple death accident that had happened the day before. She was already in a distressed state and therefore more susceptible, as she was driving in thick fog, and the spirit of a young boy, who had died in the crash, attached to her. In the turmoil he had not been able to find his way to the light.

Client A was a loving mother and this child felt very comfortable with her. He used her energy, of which she had lots to spare. The only way she was affected was by the child's panic when she attempted motorway driving.

We removed the attachment and a very emotional boy was met by his mother and guided home to the light. The client actually felt great loss at the boy's passing, but quickly came to terms with it. The following Sunday, with me as a passenger, she drove down the motorway, still scared, still worried, but successfully.

Second, there are souls who have previously been to the light, but at this time they do not wish to go. This is a generalization and includes those who were drug addicts, alcoholics, heavy smokers, sexual deviants and abusers in their last life on earth. They know that such "pleasures" are not available to them in the light, so they wrongly presume that they can attach to similar bodies and still enjoy these pleasures second-hand. This is not the case, and they very quickly become frustrated and angry earthbound spirits.

Client B was a drug addict wasting his life away and ruining the lives of those around him. He had ignored the many offers of help and was going downhill rapidly. We removed 2 entities from this young man, one of which was the malevolent spirit of a deceased drug addict. This attachment was, we were convinced, fuelling and nurturing his addiction. A week later client B chose to enter rehab, and to the best of our knowledge is still drug free.

Third, these malign dark energies, or demonic beings, live a life of fear of, being part of a network or grid, or of always being controlled by a more powerful being. They live their lives simply to manipulate and cause fear and upset and always have a negative effect on the host. Even they have a tiny spark of light within

them which, if nurtured and allowed to grow, can save them from an eternal life of cold, dark and fear.

Client C was a man in his late 40's, still single and living with his mother, and given to bouts of uncontrollable anger and frustration. We removed a total of four entities from him, the last of which was a cold, dark, evil presence. It had been with our client "from the seed" and boasted that it completely controlled him. "I jerk him around, and if he wants to laugh, I make him sad." It stated that it had "cut him off from love," and that the client's great anger was his attempt to fight control.

With angelic help this attachment was removed and dispatched to the light. As with all our clients he was filled with healing light and protected in the days to come. We now look forward to a positive improvement in our client's life.

I believe that we all have our place in the light and that the forbidding day of judgment is a figment of the church's desire to control. I believe we are all welcome in heaven unless we actively choose to turn away, and some souls decide just that.

Our energy fields are powerful and strong, usually quite capable of protecting us from intrusion (especially when that protection is layered on a daily basis). But having said that, there are many who knowingly or otherwise, allow their auras to weaken. Examples of ways in which that weakening can happen include serious illness, general anaesthetic, a massive fright, alcoholism, drug addiction, extreme anger, eating disorders, invitation at an unconscious level, invitation by an already embedded attachment, and light workers who do not cleanse and protect themselves. There are many more instances which would require deeper discussion, but simply put, any act of omission which seriously weakens our energy fields puts us at risk of becoming an unwitting, unwilling host.

The symptoms of a spirit attachment might include: lethargy (at the very least the spirit uses our precious energy to exist), sudden bouts of anger or frustration, unusual movements, cravings (try as you might you cannot stop smoking, overeating, drinking), sudden addictive personality, looking in the mirror, or sudden onset of phobias (e.g. flying, lifts, heights driving).

It is a reasonably straightforward process to remove these attachments – no bells or whistles – just a procedure. We do not "drive them out," leaving them at large to find another host. On the contrary all souls released in this way are coaxed and encouraged

(since they too have free will) and guided to the light by loving beings (often ones recognizable to them). In the case of unrepentant dark energies, they are forcibly enmeshed in golden light, then coerced or taken to the light by Archangel Michael and his helpers.

That done, is the problem over? It's not as simple as that. It is likely that the host would immediately feel lighter and freer, and have more energy, but they have become accustomed to behaving in a certain way - drink, anger, drugs etc. So whilst the driving force has gone, the client's habit is still strong and they require loving coaxing and gentle direction to help them return to their old selves. Continued protection is also paramount because if they do revert they will simply attract another needy spirit.

Spirit Release Therapy works for me and has changed the lives of many of our clients over the years. Listen to your bodies, listen to your inner voice and control your ego. Judgment, resentment, anger and fear have no place in our lives. Everything we think, feel and do directly affects the quality of our protection. As our skin protects our inner organs, and if we cut or damage our skin, infection may enter, so our aura protects us energetically. As our spirit arrived for its earth journey, all it had was the motivation and desire to live its plan, as a silent guide for life. We have enough work to do without being weighed down, or deflected from, our true path by extra "baggage."

So trust in life and the power of love and light. Ask for assistance and power-up your beam safe in the knowledge that you are indeed protected and a true child of god.

Bob Graham runs Changeworks from converted stables in the grounds of his small farm in the Derbyshire Peak District near Bakewell. In these beautiful and peaceful surroundings clients are helped to a re-evaluation of their purpose and direction, and to a clarification of their goals. Bob's approach is to work from a spiritual, non-judgmental perspective, and the landscape serves as a backdrop. Bob uses Hypnotherapy, Past Life Regression, NLP and Healing with his clients, and stresses the importance that understanding plays in the healing process. Many treatments will be a mixture of some or all of these therapies.

Spirit Release Therapy is carried out firstly with a brief telephone session, followed by a remote clearance with the assistance of Thelma Graham, then a follow-up report. To contact Bob, please visit the website at changeworks.uk.net or phone him on 01433630472.

The Hypnotic State

Many times in my life I have read or been told that we hold information in the subconscious mind, but we never go deep enough into the mind to get it out. Some of the information may be important, some merely of interest. Personally, information recovered from my subconscious mind helped me to understand fully what happened on a very traumatic day in my life. If it wasn't for hypnotism, I would never have been able to get all the information into my conscious mind. Hypnotism made it possible for one of the most terrifying days in my life to become clear and give me the total picture. Hypnotism has changed my life.

Let me explain. In April of 1991 I was serving as the Assistant to a School Superintendent in New York City's South Bronx. The day started like every other day. I began by discussing the projects I was working on with the Superintendent, and then went to my office to respond to phone calls from parents and school administrators and to begin the day's paperwork.

At mid-day my life changed: the Vice-President of the school board kicked in the door to my office and pulled a gun on my secretary. At that point, emotion and adrenalin carried me. I jumped over my desk and pushed the school board Vice-President to one side and ran down the hall to the Superintendent's office looking for help. The Superintendent wasn't in. I later learned that he had gone to the School Board President's office for help as he had been threatened by the same Vice-President moments before I was.

Three women were standing and talking in the Superintendent's office. Before I got to speak to them, the Vice-President ran into the Superintendent's office chasing after me, and I ran out.

Later that day the police arrested the assailant, and months later when he presented himself to the court, he pled guilty. For the next year and a half, I always wondered who the three women in the Superintendent's office had been. No one ever came forward and told me it had been them; I guess they didn't want to get involved.

After that day, I began to think about other fields in which to develop a career. After reading about hypnosis, I came to believe that it was a field in

which I could help people, and thus, I signed up in a Guild-approved course. As part of the class work the instructor hypnotized each of the students so that we could understand firsthand the process the client goes through.

When I was hypnotized for the first time, I saw the faces of the three women from that important day! Until then all I remembered was their silhouettes. The final piece of information from that infamous day was finally clear to me. It made it much easier for me to move forward in my life.

When I look back, before I was hypnotized, I often wondered if I was just imagining them since I couldn't identify them. Maybe they didn't even exist. With the defendant pleading guilty, we never had a trial and therefore the details of the events of that day in April 1991 never came out. I would never have been able to identify the three women in the room without having experienced a hypnotic state. I am thankful for being hypnotized and clarifying who the women are and that they do exist.

Over fifteen years later I am pleased to say I am still in education doing what I studied for and love: I have found a second career and love as a part-time hypnotist!





NLP Successes in Hong Kong and Mainland China

I would like to express my appreciation for the trainings offered by Drs. Tad and Adriana James. By completing their trainings successfully, I was certified as a Trainer of Neuro Linguistic Programming, Hypnotherapy, and Time Line Therapy™ by the ABNLP/TLTA and ABH.

In the last 6 years, I have been very active in offering NLP trainings in Hong Kong, Taiwan and Mainland China. My achievements have been acknowledged, and I was named the "2006 Asian Best NLP Trainer" by the Hong Kong Daily News on 14 December 2006.

The demand for high-quality NLP trainings is blooming; particularly in the business and management context. Currently, our NLP Practitioner Trainings in both Hong Kong and Mainland China average 40-50 participants per class. Both our NLP Practitioner Trainings and NLP Master Practitioner Trainings have been certified by the Hong Kong Academy Council. This recognition means that students who complete the trainings have 80% of their training fees refunded by the Government.

In recent years, with the encouragement and support of the ABNLP, I have successfully launched the higher profile NLP Trainings. The following are some of the examples:

- (1) Our NLP Practitioner Trainings have been certified by the Hong Kong Academy Council as recognized trainings.
- (2) The Chinese University of Hong Kong has also appointed me as the Program Advisor and Master Trainer of their NLP Practitioner Program.
- (3) The Hong Kong University (SPACE Centre) has appointed me as the Lead Trainer of their NLP Practitioner Program.
- (4) The University of Macau has also appointed me as the Master Trainer for their NLP Practitioner Program.
- (5) The Economic Times Business College (Economic Times is a reputable local press on economics

and financial matters) has launched the "NLP in Coaching & Business Communication" in March 2006 and I was appointed as Master Trainer.

- (6) The NLP University of China has appointed me as the Master Trainer of their NLP Practitioner and NLP Master Practitioner Programs and has acknowledged me as the Best NLP Trainer in China.
- (7) In the last 12 months, I have worked closely with the Middlesex University of UK on developing a Master of Arts Degree (Work Based Learning) in "NLP in Training & Coaching, Consultancy." The First Intake was launched in January 2008. I was appointed as their Program Supervisor.

In addition, we have more universities & professional bodies forming partnerships with us. Some of the examples are :

- The City University of Hong Kong
- The Polytechnic University of Hong Kong
- The Hong Kong Baptist University
- The Federation of Hong Kong Industries
- The Hong Kong Management Association
- The Institute of Vocational Training of Vocational Training Council
- The Hong Kong Quality Assurance Agency
- Royal Institute of Chartered Surveyors (RICS) Hong Kong Branch
- The Hong Kong Construction Associations
- The Hong Kong Institution of Engineers

One of my successful strategies in promoting NLP trainings is to offer "Life-long Re-Sitting" for the graduates, free of charge. This encourages graduates to review and to refresh their learnings. Outstanding graduates are invited to act as Resource Persons to support the new students. We have received extremely good feedback from both the Resources Persons and the Re-sit Students; most of them claimed that they have doubled or multiplied their previous learnings.

In closing, I would like to thank ABNLP, ABH & TLT Association for their great support and continuing encouragement.

Let's Get Started Again

Have you ever encountered a loss or separation of some sort? What are the emotions that are associated with the loss or separation as it occurs? How do you handle those emotions?

Sally is again looking at the postcard that Kelvin last sent to her with endless tears on her face. Throughout the countless sleepless nights ever since Kelvin's accidental death while on a volunteer trip in China, she kept on blaming herself for not being with him on "this" particular trip, the trip where Kelvin tripped, fell from a cliff and died while saving a child. Every time she thought about just how much she misses Kelvin's lovely smile, her throat, her chest and stomach constrict as if she would choke, and she could not catch her breath. Although her family and friends had been trying hard to help her put her life back together, every time when Sally comes back from a social function with pretended smiles, the swarm of butterflies inside her body simply take over her mind and body with overwhelming depression, anger and regrets.

In order to re-gain her life, Sally needed to consider the following questions:

Dealing with regrets and self-blaming

1. What would have happened should you go along to the trip with Kelvin?
2. What would not have happened should you go along to the trip with Kelvin?

Dealing with hopelessness

1. What is being taken away from you with the loss of Kelvin?
2. What still remains with you with the loss of Kelvin?
3. What else can you do that tells you that Kelvin is still in you instead of filling yourself fully with despair?

Indeed, Sally's case may well have happened to anyone as diseases and accidents trigger a great deal of negative emotions. According to Hadley and

Staudacher's Hypnosis for Change, people need to go through the Five Stages of Recovery in dealing with sudden loss:

1. Coping with sudden loss
2. Realization of emotional swings and thoughts
3. Moving beyond the loss
4. Acceptance of the loss and all associated emotions
5. Letting go of the past

The key to recovery is to recognize, release the emotions, forgive yourself and find resources from past experiences to heal the past and move forward to the future.

The steps to follow are:

1. Calibrate your commitment for recovery (0-10).
2. Using the non-writing hand, draw up as many pictures and symbols that represents key incidents that you and your loved one shared together.
3. Ask yourself, "What are the obstacles that hinder your recovery...now?" Use a symbol that represents these obstacles.
4. Put all the pictures and symbols on the floor. Also, write on separate pages the words "Reborn", "Now", "Desired Outcome", "Meta" and "Mentor" and put them also on the floor casually
5. Step into "Now" and see what you see, hear what you hear and feel what you feel. Take note of the emotions.
6. Starting with the most recent one, step into all the key incidents one by one to take note of any learnings and resources there are. Any time when you feel you need advice, you can step into "Mentor" to get it. Also, whenever there are significant emotions or when you need a break, step into "Meta."
7. Step into "Reborn" and imagine how it would be like to incorporate all the learning and resources from Step 6. Take note of any visual, auditory and kinesthetic sensations.

8. Step into "Meta" and take stock of all the learning and resources as well as whatever that came out from Step 7. Put all these into a picture or symbol.

9. Step into "Desired Outcome" and take stock of the self-filling feeling. Ask yourself, "It ain't that bad after all, isn't it...now?"

10. Step into "Meta" and revisit the symbol that represents the obstacles you used to have. See how it has changed now. Calibrate once again on your commitment for recovery (0-10).

11. If desired, you can tell someone you trust about what happened from going through the above steps or simply invite the person to join you for the process

Life is short yet interesting. What happened to Sally was indeed a misfortune. The loss of Kelvin may have taken away the future with yet not from Sally. The key is for Sally to take the experience and turn it into resourceful energy for going forward with her life. I am glad to have gone through the above process with Sally and in seeing the promising progress she made ever since.

Dr. Harry Wong is the Director of WYH International Consultancy where he conducts NLP, Hypnotherapy and Time Line Therapy® certification and corporate training, coaching and therapy in Hong Kong, China and many other countries in Asia. One of his career goals is to help others find their own happiness and inner potential through his training and healing work. Sally's case is one of the twenty adopted real lifecases extracted from Harry's co-authored popular book, "Let's fall in love" with Joven Mak.



[ISBN 978-962-17-9399-7]

www.warmyourheart.com

harrywong@warmyourheart.com

The American Board of Hypnotherapy

The ABH was founded in 1982 by Dr. A. M. Krasner as The California Board of Hypnotherapy. Within a short time it grew to be the American Board of Hypnotherapy with members all over the world - wherever Hypnosis is taught, we probably have a member. Today we have over 1000 institutes worldwide approved at the Trainer Level of Hypnosis, and tens of thousands of members. We believe that Hypnosis is the most excellent way of creating our own personal growth and development.

Grief and Subconscious Clutter

As most of us already know, the subconscious mind is a vast and fertile garden waiting for seeds to be planted. Often the seeds are those producing beauty and nourishment, but too often they are the seeds for weeds, or subconscious clutter.

Grief is one of the most generous contributors to this clutter. Each of us experiences many losses throughout our lives, beginning in early childhood. And each loss, if not completed or released, builds on and is compounded by the one before it. The emotional, mental, and physical pain felt by a griever is remembered by the cells of the body and is imprinted on the subconscious. The pain, sadness, and loneliness felt by a griever massages the clutter of long forgotten wounds, blocks, and negativity, and can increase the intensity and duration of the grief experience.

When we lose someone we love to death, divorce, or the break-up of a relationship, we are left with the physical absence of the person and naturally feel the intense loss of their presence in our lives. We miss their voice, smile, and the endearing things they said or did. These, of course, are the conscious aspects of the loss we feel. However, as we grieve, the dreams made and now lost, and the plans made that will never be realized, the tentacles of grief burrow deep into the vast regions of our subconscious and stir up long forgotten insecurities, fears of abandonment, shame, irrational guilt, or phobias.

When the relationship with the lost loved one was troubled or tumultuous and complex, as was mine with both my mother and my brother, then a host of other emotions and long held beliefs can bubble up to the surface. There are feelings of anger, frustration, and sadness over all the missed or lost opportunities for loving and sharing the goodness in life. There is intense emotional pain because you feel that now that the person is no longer in your life you have missed the chance to make the relationship better than it was.



If the loved one you have lost was unhappy or troubled and your continued efforts to help, support, or encourage were not successful, then deeply held limiting beliefs that “you can never do anything right” can come roaring up and engulf you in remorse and guilt. Or perhaps you had been told most of your life that you were selfish or thought of no one but yourself, so now, subconsciously that has become part of your belief system. It would then be rather natural to start beating yourself up with guilt that perhaps you did not do enough to save the relationship or the person.

One of the saddest and most telling indications of my deeply held insecurities after my mother died was my all consuming need to know if Mother knew

how much I loved her. This caused me such intense emotional and mental pain that at times I could barely breathe. On a conscious, intellectual level I knew that I had done everything I could possibly think of to show Mother, throughout her life, how much I loved and respected her. During Mother's illness, the hospice nurse and volunteer who visited every week, told me often how touched they were by the love and attention I showed her. But this was not enough to convince the wounded little girl who was still trying to win her mother's love.

The many myths and misperceptions surrounding grief and grieving have made the grief experience one of the most misunderstood of all life experiences. Adults are "modeling" for children what the children assume are the appropriate or correct ways to deal with loss and grief. This modeling is, I believe, negatively impacting the ability of children to resolve or complete their grief experience. Adults are leaving subconscious imprints that will negatively affect the grief experiences of these children, as they become adults.

When we tell children early on in life not to feel bad or not to cry when they suffer a loss we are telling their subconscious minds that it is not okay to feel horrible or to express emotion when they lose someone or something that is important to them. After a child loses a pet, adults will tell him not to feel bad and they will get a new pet. This is well meaning, but tells the child's subconscious mind that "there is no reason to feel bad because the loss can be replaced." How many times have we heard such phrases as: "there are other fish in the sea" or "he/she wasn't good enough for you?" Does the person who just suffered a loss really care or feel better when told these things? A teenager, in particular, couldn't care less about the other fish or whether the adult thinks the person lost was good enough.

There are two myths in particular that I find detrimental to pass on to children. One of these myths is "time

heals all wounds" and the other is "you have to be strong." Giving children the idea that if they wait long enough the pain, sadness, loneliness, or regret they are feeling will somehow just go away and not return is poor preparation for their future ability to recover, resolve, or complete their grief experience. Telling an adult, much less a child, to be strong after suffering a personal loss, borders on callous, not to mention ridiculous.

Denying our grief or hiding it from others does nothing but push the feelings and emotions deeper into our body and subconscious. Eventually, the unresolved grief can manifest in a variety of mental, emotional, or physical illnesses.

Donna Haddad is a Grief Recovery Specialist, Certified Clinical Hypnotherapist, and author of the book: Looking At The World Through A Fractured Lens – Subconscious Clutter and Grief Distort Our Vision. She can be contacted at wizdomtheresa@hotmail.com.

BOOK REVIEW

Thera-Diet by Joseph D Hayes, M.S.

From the beginning, the author declares his intention to benefit those individuals who are overweight. He cautions, however, that his book is not in any form a diet. He believes change happens within the mind. Using his technique will transform the reader's mind, and thus, their eating lifestyle.

As a therapist Hayes can readily identify with the tribulations facing those who have weight issues, for he too was overweight at one time. He proudly asserts that he lost extensive weight in a matter of only 3 months without the associated exercise program so commonly used. He attributes the process of positive mental fulfillment as a contributing factor towards his new healthy outlook.

Hayes affirms is that "people do not consciously choose to become overweight; it is a consequence of unhealthy patternmatic self harming thinking, learned behavioral habits, and coping skill adaptation." Now, that characterization correlates to the fact that most people are instinctively accustomed to their weight gain. They have acquired unhealthy habits as well as the inability to confront their eating desires. The author feels that transformations associated with these attitudes must first originate through modifications within the person's mind – the person must literally change their thinking.

Hayes says that an individual's own unhealthy behavior and inactive lifestyle contributes greatly to their overweight ordeal. Many people justify their weight problem under the guise of genetics, instead of acknowledging their own behavior: as he says "we are creatures of habit and comfort." He touches upon the negative thinking that most overweight individuals engage in, as well as the traditional Pavlovian conditioned response exhibited towards eating. As the book progresses Hayes begins covering the transmutations people make within their lifestyles and various reasons for such changes.

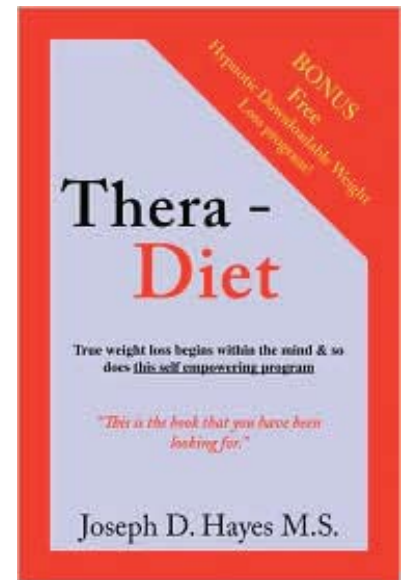
Once the decision has been established to become

healthy, negativity from other people will impede one's positive goals. He describes several examples for addressing these issues without validating them. He briefly addresses the concept of Herd Mentality, people doing what other people do. Humans generally can be easily influenced

by others. Hayes says that these are the behaviors which must be effectively eliminated in order to be successful. The elimination of these attitudes contributes positively towards losing those excess pounds. Hayes says that you should follow your own ideals rather than following the herd. He asserts that since you possess the power to be unhappy you naturally also have the power to initiate any change in order to be happy.

Hayes is a firm supporter of replacement behaviors. People relate, he says, to what they do not want in contrast to what they want. Hayes encourages his clients to replace their negative type actions with healthier style responses, and provides a Behavior Change Worksheet, a tool to use in your daily behavior modification process. You are encouraged to note all pertinent information in an effort to achieve your goal.

Hayes' Management of Eating Behavioral Training Rules (MEBTR) will assist you in modifying your eating behaviors while strengthening your awareness of your habitual eating patterns. You must strictly adhere to the rules, as they are set forth, to successfully complete the program. In these rules, the author lists weekly "Need-to-do's" that aid in achieving long range weight objects. Upon achieving your



goals, changes will occur in your life. Hayes recounts several examples of how he was treated differently upon losing his excess pounds.

Imagery is often used as a constructive tool to assist in weight loss programs. The author feels it can be a valuable asset and fully supports its use. This persuasive program will revolutionize your life, starting with your mind. The book deals with your internal self and incorporates lessons on the art of imagery to assist you in unlocking your self worth. There are sample exercises using imagery as the basis included.

Half way through the book, Hayes explains how people actually train their taste receptors to like specific types of foods. He clarifies that people have conditioned their tastes in favor of fat or sugary foods. In the section entitled "The Good, The Bad, and The Ugly" of different diets the author thoughtfully

summarizes many of the popular diets of today, supplying both their good points and bad. He follows this section with a short informative segment on the selection of a good trainer. He reviews what traits to look for when selecting a trainer. In addition, for those unable to purchase the services of a professional trainer, he outlines some useful points for "Going it alone." There is even a workout schedule included to aid in a daily workout regiment.

In conclusion, Hayes believes that no one weight loss program will work for everyone. However, he does believe that change must start from within. He explains that nothing is easy in life: one has to strive for success. I would highly recommend reading this book whether you are overweight or not for its interesting concepts on lifestyle modification.

Joe Parish





MARK YOUR CALENDAR!

Sponsored by American Board of Hypnotherapy • American Board of NLP • Time Line Therapy™ Association

**For more
information contact
Candace at
Candace@abh-abnlp.com
or 702-456-3267**



**2008 Conference Trainings are available online at
www.abh-abnlp.com/Downloads.htm**



P.O. Box 531605 • Henderson, Nevada 89053
702-456-3267 • Fax 702-436-3267
www.abh-abnlp.com

Editor Katherine Anne Boyd
Design/Layout Susan Harroff, N2L Creative
Editorial Contributors Alex Cheung, Brent Cutler,
Bob Graham, Donna Haddad,
Joe Parish, Dr. Harry Wong

Articles, letters and questions in all fields relating to Hypnosis and NLP will be considered for publication. Please submit via email. Due to the divergence of views among the contributors, the staff and publisher of ACCESS disclaim all responsibility for the opinions expressed in this publication.