

If For You, Dieting Is Just Another Thing That Improves Your Appetite, Maybe It's Time You Discovered Dynamic Changes.

Imagine Finally Reaching Your Ideal Weight—With No Hard Work!

Dear Friend,

My name is Richard Schefren, a few days ago you called my office about our weight loss using hypnosis program. **I'd like to make you an extremely bold promise.** If you'll give me a few minutes right now, I'll show you how you can easily get rid of your weight worries for good and transform the appearance of your body simply by having the right technique working for you.

I'm very serious.

You **can** quickly and easily begin to lose the weight that is dragging you down. The weight that is making you angry with yourself, the weight that may be affecting your health, the weight that keeps you tired all the time, the weight that is robbing you of your happiness.

I know this sounds a little far-fetched. And, quite frankly, when I first decided to send you this letter I realized I had a serious problem.

My problem?

How do I describe my method and my company without making it sound like a bunch of hype? Or sounding "too good to be true" and risking the chance that you might be tempted to dismiss it, and just throw this letter away.

I believe if you will read on, you will quickly see that what I have to show you is completely down to earth, quite simple to understand, easy to see with your own eyes, and beneficial to you - And I'm so sure of it - I'm willing to put my money where my mouth is.

But first, let me share a story with you...

When my friend Kathy was ten, she wanted to bake a cake to surprise her parents. She went into the kitchen and starting mixing together flour, sugar, chocolate chips, **ice cream** and just about anything else she could find that looked good.

You can probably **imagine** how it turned out. It wasn't a pretty sight. Kathy ended up with a big mess and something (she couldn't even call it a cake) that tasted absolutely horrible.

Now today, if she's baking a cake - she'll **start with a recipe a plan that is proven to work.** Kathy explained to me how she measures out all the ingredients and follows the **exact instructions** on the recipe. Now her cakes turn out pretty darn good (and she even gets a few compliments).

Okay, but what does any of this have to do with losing weight? Actually lots!

You see, losing weight for good without a **proven plan** is a lot like trying to bake a cake without a **recipe**...you'll only end up making lots of mistakes, a big mess and wasting a bunch of money. You'll wind up frustrated and depressed, no closer to your goal.

But You Say – “I’ve Tried A Plan Before And It Didn’t Work”

There’s no shortage of information on weight loss is there? Common sense would tell us that eating right is essential to having the body you want. Seems pretty simple, right? But the truth is, I’ve found that most people are confused, perplexed, puzzled and just plain baffled about weight loss. And who wouldn’t be?

There are more self-proclaimed weight loss gurus and ‘wannabe’ gurus out there than you can shake a stick at. Each of them pitching a different method to shed those “unwanted pounds”. There are pills to take, special diets to struggle through, grueling exercise régimes all designed to slim you down and shape you up.

You Honestly Tried To Diet... But Just Couldn’t! Don’t Worry. You’re Not Alone.

If you’ve been on diets, chances are you suffered from white knuckling it through those cravings, you forced yourself to eat stuff that would make a cardboard box look good and maybe you lost some weight...but it came back and this time it brought a few friends with it. Right.

Many people come to me and say “I tried dozens of different diets, most I couldn’t stick to and the ones I did left me hungry all the time or without any energy”. I know how frustrating this can be.

Maybe you started an exercise program and did real well for a few weeks, and then something happened. You don’t know what, but you just couldn’t do it anymore. If you had seen any results, they soon faded, and the brief motivation and joy you felt was replaced by a terrible sense of failure and disappointment. Perhaps followed by eating and gaining even more weight.

The problem is...who can you believe? What can you do?

Everyone’s running around telling you they have the “**secrets**” to losing that weight and keeping it off. There are so many hyped-up "get thin quick" schemes floating around the country -- it drives me crazy!

I say, “Show me the proof!” Let me see that what you are selling doesn’t require people to force horrendously difficult changes in their lifestyles or just plain makes you so miserable that you just give up. (Isn’t there something wrong with that picture?). But most importantly does it last?

I don't think you could find many takers there.

And yet, **that's exactly what I've done.** I've helped heaps of individuals, just like you, achieve the ultimate "fantasy" of losing the weight that weighed them down AND keep it off AND it happened for them virtually on **autopilot** (and no, it didn't have anything to do with taking pills or adjusting portions, or going hungry).

Listen to a few comments from people who have experienced what I’m talking about:

Over the past 6 months I have lost 45 pounds! All of my habits have become healthy, I have a lot of energy (AND I ALSO HAVE A LOT OF FUN BUYING NEW CLOTHES) I dropped 5 sizes. All my friends, family and my husband say I look great. Thanks a lot Dynamic Changes for the change in habits. – Marcella Navarro, NY, NY.

I lost all cravings for sweets after my first visit. So far I've lost 20 pounds - my goal is 60. Thanks for making this experience an easy one for me! – Steven Schmalerics, Bushkill PA

When I first came to Dynamic Changes I must admit, I was a bit skeptical. Now two months later my size 34 jeans that barely fit are falling off my hips...they're too small! I'm so excited I can barely contain myself. Thanks to everyone at Dynamic Changes! – Estella Mangam, NY, NY

I have been on most of the popular diet plans all ending in failure. I'd convinced myself that at 67 years of age I'd never reach my ideal weight of 125. Thanks to the Dynamic Changes program I'm within 7 pounds of my goal and confident I'll keep the weight of! – G. Constantino

I've lost 20 pounds EASILY. I now look forward to exercising and I eat fruit!!! I never ate fruit. I drink plenty of water without even thinking about it, I've never felt better! – John Bigler, Bronx,

Little Known Truth -The Weight is Just a Symptom of Your Problem

Each day thousand of people just like you and me (I used to be overweight too) walk into our centers throughout the country to learn about what their real problem is. You see, being overweight is just a symptom of your problem, the real problem are the habits that you have that are guaranteeing that you will continually struggle with you weight.

And, I am willing to bet that all of the attempts you've made in the past to lose your excess weight and keep it off have focused more on your weight and less on your habits.

It's like treating a broken bone with an aspirin. You might be able to reduce the pain for a while but ultimately the real problem is left untreated and you **will feel the pain again.**

Dieting Will Never Give You The Long Term Solution You're Looking For

If you've tried diet after diet and still have been unable to lose weight, it's NOT YOUR FAULT. In fact, there are several very real reasons why this has happened to you – why your dieting efforts have been doomed to failure right from the start

When you follow a diet or take a pill you are trying to use an external method to lose weight in spite of your internal learned habits. Unfortunately, to do this you rely on willpower. And as almost every chronic dieter realizes soon enough, willpower will only last so long.

Willpower, in the long run, can't defeat your deeply ingrained habits. And no diet or pill that has ever been created will help you overcome your “weight producing and maintaining” habits. So you're doomed to fail even before you ever begin. The reason why is that diets and pills treat the symptom, your excess weight.

Here's The Way to Win at Weight Loss

Listen. Before you give up all hope, I'll let you in on a little secret thousands of New Yorkers have already changed their habits and therefore have changed their weight – permanently! When you

change your fat causing habits to thin promoting habits you will lose weight easily without dieting, suffering, deprivation or even having to think about it. Hypnosis changes your thinking, thus changing your habits. At Dynamic Changes we address your specific situation and tailor a program for you that will transform you into a person who is what we call Naturally Thin.

Imagine Yourself Naturally Thin

Imagine loving the way you look and feel. Imagine feeling secure that each day you were contributing to your health as opposed to robbing it. Imagine never needing to step on a scale again. Imagine taking half of your favorite meal home in a doggy bag, because you just don't seem to have the appetite to finish the whole meal like you used to.

Try this with me. Put this letter down for a minute; sit down in your favorite chair or sofa, closing your eyes, and imaging that the points I listed above is what your life was already like. Go ahead, nobody will ever know...

When you have the habits of someone who is naturally thin you'll:

- ☞☞ Never eat out of boredom, stress, or any other emotional reason
- ☞☞ You'll chose healthy food over fattening food because you WANT TO
- ☞☞ You'll wake up each morning with abundant energy
- ☞☞ You'll actually crave exercising (I know, it sounds crazy but it's true)
- ☞☞ You will enjoy eating fruits and vegetables
- ☞☞ You'll eat when you are physically (not mentally) hungry and stop when you're full
- ☞☞ You won't ever feel as if you're denying yourself (therefore you'll never binge either)
- ☞☞ You'll have one set of clothes (all in one size) because you'll have no concerns about ever gaining weight again!
- ☞☞ And much, much more...

If you could imagine what it would be like to have that weight gone for good, you probably realize that this is what you've been searching for, ever since you started struggling with your weight. And now for the first time it is all within your grasp. All you have to do is take the next step by calling our number 1-800-MY-RESULTS (1-800-697-3785) and scheduling you free consultation.

You've got nothing to lose but unwanted pounds. So go ahead. Make a positive choice for yourself. Get off the weight loss merry-go-round of frustration and failure. Come see why Dynamic Changes really does create dynamic change for people just like you.

The consultation is FREE. The program is guaranteed and the program is affordable. Your program will be custom designed to meet your needs and we'll do only what is necessary to reach your goal, we won't waste your time or your money. That's my personal promise to you.

To Your Health & Happiness,

Richard Schefren
Title

PS To lose all the weight you want and keep it off for good. Call 1-800-697-3785 today for your FREE. No strings attached, NO obligation, consultation. You'll be glad you did.