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Thank you so much for ordering my Lap Band Hypnosis Weight Loss Program.

Please start by looking through the complete package, and making yourself familiar with it. Then go to the part of the book where it says "TO BEGIN: PLEASE START HERE"

Checking your Quick Start List will help you stay on track.

Don't skip any part. Don't try and make it go faster.
Slow and consistent is better than fast!

The success of this program is dependent on listening to the CD's in order, as laid out. Don't be impatient – you didn't get to this place overnight, so don't expect to fix it overnight!

Be patient and loving with yourself and watch for the changes!

Please know that I am always available, preferably by e-mail, to help you work through any issues that you might be struggling with.

I wish you all the success in the world,

Sincerely,

Diane

P.S. Remember --- only listen to the CD's while relaxing!

P.P.S. Your Bonus CD's are included in the package. The special CD 'Jumpstart your Day' is designed to be listened to in the morning to help you have a great start to your day.

What the mind thinks and believes WILL happen
Be careful what you think!