



# **Lap Band Hypnosis --- DON'T go under the knife!**

**An amazing alternative!**

**Lap Band Hypnosis offers all the Benefits  
of Lap Band Surgery without the Cost,  
Risk or Discomfort all done in the privacy  
and comfort of your own home**

**Created and Written by**

**Diane Edwards C.M.H.**

**Certified Master Hypnotherapist**

## **NOTES**

# MENTAL LAP BAND WEIGHT LOSS PROGRAM

## **PLEASE READ AND FOLLOW THE INSTRUCTIONS**

***Welcome to the start of the NEW YOU!*** This is the start of your new life and if you follow all the directions as they are laid out, you will absolutely achieve your weight loss goals.

But I can't emphasize enough how important it is for you to follow all the easy step-by-step suggestions, and please don't try to cut corners, or do it your way, or speed it up in any way. I know it can be tempting, so please have patience. You didn't get to your present weight overnight – don't expect to get rid of it overnight!

This program has taken many years of careful planning to ensure you get the results you want. And please know that we have made it as EASY as possible for you. ***Just follow the simple basics suggestions.... OK?***

This is the most natural program out there because it works from the inside out. It helps you to change your mental dialogue, your self-image, your old belief systems about food and weight, and the habits that hold you back. It covers every aspect of weight loss, and if followed correctly will give you a winning combination. With other programs, you have to look for different solutions to every aspect of your problem. In this program we cover it all!

## **About hypnosis and my hypnotic intention.**

Hypnosis can be many things. To each person, the hypnotic experience can have a different feeling. Some feel perfectly comfortable while others may feel quietly relaxed. Hypnosis allows your mind to become more receptive to the ideas and beliefs that you want to incorporate into your daily habits and in your life.

I have been a practicing Master Hypnotherapist since 1989 and my intention is to help you realize your health goals. While some people think of a hypnotist as someone "in control", you will discover that the only person in control is YOU. You are in control and my reason for being a clinical hypnotherapist is to help you take control of your life and your actions so you can become the person that you want to be. ***I personally have taken this journey and I can help you take it too.***

**Listening to THE AUDIO CD'S will make deep mental changes to the way you approach eating and food.**

You will feel full more quickly and stay full for a longer period of time. The foods you will find satisfying will become more healthy and nutritious, while unhealthy options become less appealing.

Mental Lap Band Hypnosis is designed to help you attain and maintain the results you desire. This is the **first program that puts you in control of your weight loss success!**

**This is NOT a diet program --- this is a lifestyle change.**

For many people 'Diets' last for just a few days, a few weeks or even months. Every day that you were on those diets, you knew there would probably be a breaking point. This was the point when

you would eat something unhealthy. It may have been positive -- a reward for being so healthy, it may have been as a result of stress, a party – whatever! You were way too focused on **staying on a 'diet'**. **This is NOT a diet! I repeat – this is NOT a Diet!**

***Other previous attempts at weight loss did not offer what Mental Lap Band Hypnosis offers. Can you imagine craving health? Can you imagine feeling deeply excited to become healthy while enjoying becoming healthy? Your intention to lose weight suddenly aligns with your belief structure, and the new positive habits become automatic.***

It is important to take responsibility for your body. The weight that you carry is a result of the amount and quality of the food you take in, and of course your activity levels. Perhaps you have come up with reasons why you are overweight that you felt were beyond your control.

### **Common Excuses People Use to Avoid Responsibility:**

I don't have enough time

I Hate to Exercise

I Love to Eat

I have Low Metabolism

Dieting Is Too Hard

All my Family are Heavy

Nothing has ever Worked Before – Why Should This Work?

***No matter why you may not have lost weight in the past, you must now accept that you are the only one responsible for your weight. I want you to be ready to undergo not only a change in your behaviors and habits but also a change in your lifestyle.  
Be responsible for becoming healthy.***

**I repeat this again: You are in control of yourself!**

Because you have taken control of your body, your will power and your behaviors, you will be the only one to take the credit for your weight success. Just as you can't blame anyone else, you can't give anyone else credit. Because you are the one who chose to make changes and because you are the one who changed your habits, **you are the one to thank for your success.**

As you go through the different sessions, you will find success in different ways. Your outlook and way of thinking will undergo changes and you will begin to **enjoy** the idea of eating healthy and becoming more active. As these changes are made, you will begin recognizing your behaviors changing. You will **find yourself automatically eating healthier and being more active.**

Because you have finally made the decision to become healthier and you have committed to making changes, every step of success boosts your confidence and your levels of commitment.

***Remember:  
The power to become who you want to be is already  
a part of you!!!***

## AUDIOS:

The audios are the backbone of this program because you are re-programming your mind to **think** differently about your weight and **act** differently around food. ***And repetition is the Key!***

When listening to the audios, it is important to make your environment as quiet as possible, so turn off all phones and put your dog outside (if you have one, of course!) You want as few interruptions as possible. Very important!

## AUDIO INSTRUCTIONS:

- \* **ONLY** to be listened to before falling asleep or while relaxing
- \* **NEVER** listen while under the influence of drugs or alcohol
- \* **NEVER** listen while driving or being driven
- \* **NEVER** listen while operating machinery or equipment
- \* **BEWARE** of headphone wires when falling asleep  
(use an under-the-pillow speaker if possible)

**Listen to each specialized recording for 7 consecutive days each time before going to sleep (except for Session #3)**

The recording lulls you into a deep relaxing state which leads to natural sleep at the end of the recording, if you want to go to sleep. Don't worry if you have strange dreams or even no dreams at all. The recording is designed to talk to your unconscious mind, NOT the conscious mind, so don't try too hard to make things happen. ***Just listen and relax.***

# **TO BEGIN: Please Start HERE**

***Cut out MOTTOS #1 for 1<sup>st</sup> Session. (Place them everywhere)  
Say it consistently, over and over. After the 3<sup>rd</sup> Session use  
Motto #2 and use throughout the Complete Program.  
Remember consistency is the key --- be sure to read your  
motto many times every day.***

**Watch Video#1:** <http://youtu.be/OE7pnVklSaY>

***Each module has been carefully designed.***

## **STEP 1: "Creating a Positive Mindset" Audio #1**

This hypnosis session is designed to ease you into the hypnotic experience, allowing your subconscious mind to begin to accept powerful hypnotic suggestions, to help you change the way you think, feel and behave towards food and exercise and yourself. This is when you will experience your first hypnotic relaxation session, and is preparation for your future weight loss success. The idea of this is for you to become more aware about your eating habits and to facilitate change. This first hypnosis session is designed to jump start your brain into a new way of thinking. Diane's gentle progressive relaxation method, combined with her **exclusive custom weight loss suggestions** ensures that you will be relaxed enough to be open to powerful hypnotic suggestions, changing the way you eat, think and feel.

**Listen to the Session #1 Audio** for approximately 7 days, once or twice a day.

Keep up to date with your Food Diary, think positively at all times, drink lots of water, don't allow yourself get hungry and make sure you are moving your body.

## 7 Days Later:

**Watch Video#2:** <http://youtu.be/uZv1t25V6HU>

### **STEP 2: "Pre-Op" Audio #2**

Even at this early stage of the program, many people experience significant weight loss, due to their motivation and desire to succeed. The powerful effects of the motivational audio from session 1 often begins from day one. You will have started to change your behavior towards food and exercise. **The 21 day rule says that if you can change habits or behaviors for 21 days you have created a new habit.**

You start to eat smaller more frequent meals. You will also eat more slowly and stop when you are full. You will experience the feeling of being more in tune with your body, enjoying your food much more and eating much less.

You will automatically start craving healthy, natural, fresh foods, understanding the importance of appreciating yourself more, and not beating yourself up when it comes to food and weight.

In Session 2 all the positive changes will be reinforced but this is also the "pre-op" session where the process of the mental band procedure will be explained in further detail and you experience a deeper level of relaxation. In this session you will be 'virtually' introduced to your surgeon and your anesthesiologist, so that you will feel comfortable and know what is expected. You will be told that your stomach will be reduced to the size of a golf ball and that this process will result in you eating less and feeling full more quickly.

**Listen to the Session #2 Audio** for approximately 7 days, once or twice a day, prior to your procedure

Keep up to date with your Food Diary, think positively at all times, drink lots of water, don't allow yourself get hungry and make sure you are moving your body.

**7 Days later:**

**Watch Video#3:** <http://youtu.be/cwYYlkcRcB8>

**STEP 3: "The Virtual Surgery" Audio #3**

This is it! This is the day you've been waiting for. This session will blow your mind as you will literally feel as if you are in the hospital undergoing a Gastric Band Procedure.

Since your subconscious mind does not know the difference between reality and imagination, you will believe that your stomach is shrinking down to a much smaller size. This will help you eat less and eat smaller, but more frequent meals, which is the key to long-term weight loss success.

Watch the weight literally fall off after this incredible session as you begin to look and feel happier and healthier. Followed by Diane's exclusive custom weight loss suggestions, you will begin to look and feel incredible for the first time in a long time, because you are changing your thought patterns at the very core of your being. You have prepared well for this day and you know in your mind that it is going to be a complete success. The audio from Session 3 should only be listened to once (twice at the most) and after the procedure you will be given another recording to reinforce the subconscious belief that a gastric band has been fitted. Be sure to use your **Week Three Motto** and place it where you will see it often.

The next day after the procedure, please proceed to Session #4 where we will reinforce the procedure, eliminate any sub-conscious beliefs and also open your mind to an absolute positive outcome.

**\*\*\*\*\* Listen to Session #3 Audio 1 to 2 times ONLY!**  
**(Very Important that you only listen once or twice)**

Keep up to date with your Food Diary, think positively at all times, drink lots of water, don't allow yourself get hungry and make sure you are moving your body.

## **Start Using “Motto #2 for 3<sup>rd</sup> Session”**

**Watch Video#4:** <http://youtu.be/Pqcxelpr63g>

## **2-4 days later (VERY Important)**

### **STEP 4: “Reinforcement” Audio #4**

This particular audio is loaded with mind-altering processes that are designed to really get through to your sub-conscious mind. It has a very unique beginning. It involves a specialized process that creates a belief that healthy changes are getting easier and easier, without any effort or struggle at all. It also gives your subconscious mind a choice – either you can go back to your old ways of thinking and eating ... OR ... you can stay on this new track permanently. It makes it a no-brainer! You are actually being pre-programmed that there is only one way to go! It takes all the effort out of it!

This audio can be listened to on-going for as long as you need positive re-enforcement, guaranteeing amazing success.

**Listen to the Session #4 Audio** for approximately 7 days, once or twice a day.

Keep up to date with your Food Diary, think positively at all times, drink lots of water, don't allow yourself get hungry and make sure you are moving your body.

## 7 Days later:

**Watch Video#5:** <http://youtu.be/oN7mLwGut0>

### **STEP 5: “Putting It All Together” Audio #5**

This session is used if an adjustment to your virtual gastric band is required. Maybe the band needs slight tightening or maybe it needs loosening. Either way, this session will take care of it.

This specialized session also includes a remarkable technique that tricks the mind into creating a rock-solid future 'new you' image. It is also crucial for further positive re- enforcement and is usually carried out 1 to 2 weeks after your "gastric band surgery" session.

**This is not the end – it's just the beginning!!**

**Listen to the Session #5 Audio** for approximately 7 days, once or twice a day.

Keep up to date with your Food Diary, think positively at all times, drink lots of water, don't allow yourself get hungry and make sure you are moving your body.

To make sure you keep this program going, listen to the Audios as often as you can. At this stage you can mix them up, use any or all of them (except for #3 – the Procedure) At any time if you see some past behaviors appearing, just listen some more.

I wish you all the success in the world,

***Diane***

Please remember ... **Your thoughts create your reality so.....  
Be careful what you think!**

## **SUGGESTED READING**

**"What to say when you Talk to Yourself" by Shad Helmstetter**

**"Infinite Possibilities" and "Manifesting Change" by Mike Dooley**

**"The Attractor Factor", by Joe Vitale**

**"Advanced Formula for Total Success" by Dr. Robert Anthony**

**"Living In The Light" by Shakti Gawain**

**"The Secret" by Rhonda Byrne**

**"Feel the Fear and do it Anyway" by Susan Jeffers**

**" Psycho-Cybernetics" by Maxwell Maltz**

**"Stop Self-Sabotage" by Pat Pearson**

**"Getting the Love you Want" by Harville Hendrix**

**"In the Meantime" by Iyanla Vanzant**

# **Eight Golden Rules for Success following the Virtual Gastric Band Procedure**

Hypnotically your stomach will be shrinking to the size of a golf ball. In order to help your weight control it is very important that you follow the guidance below that will help with the psychological impact of your Mental Lap Band and also your past relationship with food. This will help you successfully and easily be the weight you want to be.

## **1. BUY SOMETHING NEW**

One very powerful psychological technique is called the law of concentrated attention. Basically it means that if there is something in life that you really want – and if you behave in a way that you already have it – you are very likely to get it. So... at your earliest opportunity, purchase an item of clothing in the size that you want to be. Preferably make it something brand new (it doesn't have to be anything expensive) Or, if you prefer, you could take a piece of clothing that you really liked from your past that no longer fits, and hang it on the OUTSIDE of your closet in a place where you will see it often. 'Talk' to it saying something like... *"don't go away ---I'll be wearing you soon"*.

## **2. LISTEN TO EACH CD AS DIRECTED**

The CD's are a very important part of this program. It is absolutely essential that you listen to the appropriate CD at least once a day (more if you can). The CD's will create new neural pathways in your brain regarding your associations and attitudes towards food and eating behaviors. Repetition and consistency are very important in this program. You will increase the effect tenfold if you listen to it using stereo headphones, sitting in a comfortable chair or resting on your bed.

**IMPORTANT – NEVER USE THE CD WHILE DRIVING**

## **OR OPERATING MACHINERY.**

### **3. EAT SLOWLY AND CONSCIOUSLY**

Enjoy every mouthful of food, slow your eating down and chew your food thoroughly (approx 15-20 times a mouthful). Put your fork down between mouthfuls. Do not eat in front of the television or while reading as you will not be conscious of what you are eating. Sit down and focus purely on the food in front of you.

### **4. STOP EATING AS SOON AS YOU FEEL COMFORTABLE**

### **5. EAT ONLY 3 SMALL MEALS A DAY + 3 SMALL SNACKS**

Choose proteins first, as you need 50 – 70 grams of protein per day. As your portion size will be dramatically reduced, it may be worth investing in some small plates and bowls. That makes a huge difference.

### **6. TAKE MULTIVITAMINS**

Ensure you are having all the vitamins you need.

### **7. DRINK PLENTY OF WATER AND LO-CAL LIQUIDS**

### **8. EXERCISE**

It is very important with the gastric band that you take up some form of activity for 30 minutes per day; this can be as simple as going for a walk. As you will be eating less than your body needs to operate, it has to make up the difference by burning reserves. If you do not exercise daily, your body will metabolize your unused muscle and you will lose muscle mass and strength. Exercise will communicate to your body that you want to use your muscles and force it to burn the fat instead. Walk, skip, and dance around the house – move!! Do anything!

Remember ....Anything is better than Nothing!

## **Mental Band Implementation Instructions**

1. Be mindful of your self-talk and immediately change it to positive if you detect any negative talk.
2. Be mindful of your eating. Notice what you eat and how much. (If at a restaurant, ask to see the nutrition information for what you are considering ordering)
3. Chew your food very well (prepare for 17X after your mental band implementation)
4. Read the content labels on food packages before you buy. Go for lower fat, no additives, no preservatives, no artificial sweeteners, low or no corn syrup, low sugar.
5. Listen to your preparation audio each morning and evening if possible, but at least as you fall asleep at night.
6. Say your motto "***I enjoy being positive in Thoughts, Self-Talk .....***" at least 10 times morning noon and night each day. (Put your motto card where you will see it frequently as a reminder to say your motto again and again)
7. Fill out chart at each meal and complete it before bedtime.
8. Empty your pantry and refrigerator of foods that you already know are not healthy for you to eat.
9. For your supplements have available:  
Premium multivitamins (compare ingredients --- higher is generally better) OO Long tea (3 times a day)

***"When you choose to take action, your self-esteem soars!"***

**Remember to Eliminate CRAP**

**C** – CAFFEINE

**R** – REFINED SUGARS

**A** – ARTIFICIAL SWEETENERS

**P** - PRESERVATIVES

**TIP:**

**A good exercise to help you change thoughts such as "I'm hungry" is to imagine your thoughts are like a train passing through a station.**

**The train represents your "train of thought"**

**Each carriage represents a thought or feeling. Visualize yourself standing on the platform as the train passes by.**

**Let the "I'm hungry" carriage pass by.**

**Then hop on the carriage that represents the thought "I'm going to be slim" or some other positive thought.**

***Do this every time a 'Hungry' thought goes through your mind.***

## MY OTHER POWERFUL AUDIO CD'S

*If these CD's are listened to repeatedly, they can create Healthy, Positive Changes in your life, easier than you ever thought possible.*

☐ **W1 WEIGHT-NO-MORE --- Relaxation**

**End Diets Forever!** This CD is one of the most powerful guides to easy and effortless weight loss, helping to reprogram your mind for permanent change.

☐ **W2 WEIGHT-NO-MORE --- Affirmations**

**Perfect for the Car!** Can be listened to anywhere to help bombard your mind with positive healthy eating habits. A must if you drive!

☐ **W3 WEIGHT-NO-MORE --- Subliminal Ocean Sounds**

**Lose while you Snooze!** Messages are subliminally directed to right and left brain, being deeply absorbed for supporting healthy eating — great for sleep!

☐ **T1 BUILD YOUR SELF-ESTEEM --- Relaxation**

**This is a must!** Face life's challenges with a strong belief in yourself. This CD can produce total changes in personal esteem and confidence.

☐ **T2 I LOVE TO EXERCISE--- Relaxation**

**Make Exercise Fun!** Feel more motivated than ever before to get to the Gym, go walking, or whatever you choose. You can actually enjoy exercise!

☐ **T3 I HAVE A SLIM TRIM BODY--- Relaxation**

**Create a New Slim Trim Body!** Only if you can see, feel and believe it, can you achieve it. This CD helps you see, feel, and believe that you CAN be your ideal weight.

☐ **T4 DEPRESSED-NO-MORE--- Relaxation**

**Feel Optimistic Today!** This CD will help lift that dark cloud, eliminating anxiety and fear, feeling more content and at peace than you have ever felt.

☐ **T5 PROCRASTINATE-NO-MORE--- Relaxation**

**Develop a 'Do-It-Now' Attitude!** Now is your chance to approach everything in your life with a new-found enthusiasm and energy, giving you a Do-It-Now attitude.

☐ **STRESS-NO-MORE--- Relaxation**

Stress is an amazing thing - it has been linked to most health problems, including heart attacks and strokes. Doctors say that 75% to 95% of patient visits are stress related. Just imagine being able to handle all situations in a calm relaxed manner. This recording can help you do that, **easily!**

☐ **T6 SUCCESS IN BUSINESS --- Relaxation**

**Aim For Success!** There are no limitations, only those that you put on yourself! Why not reprogram your mind for more than you ever dreamed possible?

**Diane Edwards C.M.H.**

☐ **T7 NO MORE ALCOHOL --- Relaxation**

Alcohol is a very damaging substance. This hypnosis CD can help you become free from alcohol and start living a healthier free life.

☐ **T8 ELIMINATE HOT FLASHES --- Relaxation**

Never underestimate the power of the mind to modify our experiences. You can eliminate the discomfort of **hot flushes** and no longer be a helpless sufferer. By listening to this CD repeatedly, any woman can cool down her hot flushes, feeling fresh, cool and relaxed.

☐ **S1 SMOKE-NO-MORE --- Relaxation**

**You are NOW a Non-Smoker!** Say a permanent 'goodbye' to cigarettes and a resounding 'hello' to health, happiness, and success.

☐ **S2 SMOKE-NO-MORE --- Affirmations**

**Perfect for the car!** This CD is designed to bombard the mind with all the amazing powerful feelings of a NON-SMOKER!

☐ **S3 SMOKE-NO-MORE --- Subliminal Ocean Sounds**

**Reinforce No-Smoking Messages while you Sleep!** Listen to this before or during sleep to allow the mind to receive powerful subliminal, healthy, NO SMOKING messages.

☐ **M1 INCREASE YOUR INCOME --- Relaxation**

**Allow Money to Flow into your Life!** Use the power of your inner mind to attract money and prosperity while letting go of all blocks that might have kept you stuck!

☐ **M2 INCREASE YOUR INCOME --- Affirmations**

**Perfect for the Car!** Listening to this CD repeatedly will help reprogram your mind to attract exactly what you want — money, money, money !!

☐ **M3 INCREASE YOUR INCOME --- Subliminal Ocean Sounds**

**Powerful Money Messages!** Messages are subliminally implanted to create a new prosperity mind-set to help you attract wealth — great for sleeping!

☐ **B1 SLEEP SLEEP SLEEP --- Relaxation**

**Imagine no more sleeping pills!** This sleep 'miracle' uses just the right suggestions to quickly train your mind to relax, giving you a full healthy nights sleep. It works for everyone, helping you to fall asleep and stay asleep longer.

☐ **B2 ATTRACT YOUR IDEAL PARTNER --- Relaxation**

**You can have it all!** Reprogram your mind to attract your ideal partner, while letting go of past blocks -- finally creating the relationship of your dreams.

☐ **NEW! 8 MINUTE 'TAKE A BREAK' CD**

Think about this: you are stressed and overwhelmed. Pop in the 8 minute CD and you will be totally revived and energized, ready to carry on your day in a more effective efficient manner.

☐ **B3 SHY-NO-MORE --- Relaxation**

**Have lots more fun!** For overcoming shyness and improving social skills, this tape can work wonders. No matter which kind of shyness you have, hypnosis can help you bring out your strong side, the side that may have been dormant most of your life.

☐ **B4 LOWER YOUR BLOOD PRESSURE --- Relaxation**

**High Blood Pressure** can cause a heart attack or stroke with little or no warning. This CD has been devised to capitalize on the mind/body connection to help you relax and allow your body **to regulate itself, so that you can get that perfect reading every time.**

☐ **I LOVE TO FLY --- Relaxation**

Fear of flying can make air travel very unpleasant indeed. This audio uses an incredibly effective technique to quickly desensitize the fear, helping you relax in planes just like those around you. You will be astounded at how different you feel next time you board an airplane.

☐ **I LOVE THE DENTIST --- Relaxation**

Dental phobia can be so powerful for some people that they don't visit for years. You CAN overcome your fear of the dentist by reprogramming your subconscious mind to allow you to relax no matter what the procedure. This audio makes that possible!

**All These CD's may be purchased on my website  
[www.DianeEdwards.com](http://www.DianeEdwards.com) as Downloads or Hard Copies  
or Email Diane at [Diane@MentalBand.com](mailto:Diane@MentalBand.com)**

**YOU ARE WHAT YOU THINK**

**If you think you are beaten, you are;  
If you think you dare not, you won't;  
If you want to win but think you can't,  
It's almost a cinch you don't.  
If you think you'll lose, you're lost;  
For in the world we find  
Success begins with what we think;  
It's all in the state of mind.  
Life's battle does not always go  
To the strongest and fastest man;  
But sooner or later the one who wins  
Is the man who thinks he can.**

**Diane Edwards C.M.H.**

# I'M AS CLOSE AS YOUR PHONE!



To those who have never met me I'd like to introduce myself, say 'Hello', and take this opportunity to offer you a new alternative to achieve success in your life –

## HYPNO-COACHING!

If you have goals that have not been achieved, or issues you'd like to have resolved, why not take advantage of Hypnosis-by-Phone -- a unique combination of talk therapy on the phone (to discuss your individual needs and concerns) followed by a specifically designed CD, which, if listened to repeatedly, guarantees powerful successful results.

(This recording will be designed specially for YOU)

You can visit me personally in my office in San Diego, or *we could do it in the comfort of your home, by phone!*

So make your wish list, and call me at **1-888-800-8990** so we can work together to finally make those healthy positive changes in your life.

I look forward to hearing from you soon,

Yours Sincerely,

*Diane*

Look me up at [www.DianeEdwards.com](http://www.DianeEdwards.com) or contact me at [Diane@MentalBand.com](mailto:Diane@MentalBand.com)

**Diane Edwards C.M.H.**

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## NOTES:

## About DIANE EDWARDS



### **Diane Edwards C.M.H.**

(Certified Master Hypnotherapist)  
was raised and educated in Dublin, Ireland, where she worked as a counselor, specializing in addictions, suicide and sexual dysfunction. Since 1989 Diane has maintained a successful Hypnotherapy practice in San Diego, with a second office now open in San Clemente, California. Diane is a leading authority in the field of addictive

behaviors and has helped numerous individuals make positive changes in their lives. She is a highly respected teacher and consultant at several institutions and clinics throughout the state and is well known for her informative and valuable insight into all areas of self-improvement.

Diane is a consultant at Scripps Hospital in San Diego, California for their stop smoking program and now also offers successful stop-smoking and weight-loss seminar programs nationwide. Diane has a full-time private practice, as well as being involved with various charitable organizations. She is totally committed to her work and also to her family of 4 children and grandchildren.

**Diane Edwards C.M.H.**

**This book was created and written with love by Diane Edwards  
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**Diane Edwards C.M.H.**

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