



Another Weigh™
Reframe Your Body and Mind



FAQs

Are the support meetings geared toward the participants sharing or teaching? *Our weekly sessions are geared toward teaching. We will spend the majority of the 1.5 hours covering material that will prepare you for the week ahead. We allow for open conversation during each session.*

How is hypnosis used in this program? *You will receive 4 hypnosis downloads. The topics covered are: general weight release, late night snacking, cravings and exercise motivation. We ask that you listen to the hypnosis recording nightly.*

How does hypnosis work to help me lose weight? *In simple terms, you have created patterns that have created the body you reside in today – hypnosis works by creating new pathways (at an unconscious level) and patterns of being that will allow you to get healthier faster. (We cover this in-depth throughout the program.)*

How is life coaching used in the program? *Life coaching is woven throughout each week. The questions and subjects covered are there to provoke answers that you may have not found yet. We seek to reveal you to yourself by way of digging deep within to manage change.*

I have tried everything, this is my last resort. What kind of success can I expect? *We have worked with many people where this statement is their truth. As with anything in life, you are the one who has to breathe life into your effort. Someone can give you all the materials to build a house but you have to be the one to put in the work! We can truthfully say; however, that every client we've worked with has seen results.*

The program is 8 weeks long, what happens after that? *We have created this program so that you have every single tool that you need to carry forward and continue to release the fat. You will not miss a single thing as you move forward on your own. *Should you choose, we offer once per month "maintenance" sessions**