

The One & D.O.N.E. Weight Release Plan

See how this is different from everything else you have tried!



- Session 01** One & D.O.N.E. 125 Question Assessment identifies your weight personality type, which indicates useful hypnosis scripts
- Session 02** Emotions – learn how to release emotional and mental weight and use the One & D.O.N.E. Mantra
- Session 03** Beliefs – change the beliefs that control your behaviors
- Session 04** Behaviors – change broad behaviors relating to compulsive eating and drinking using the S.T.O.P. & S.L.O.W. Mantras
- Session 05** Self-hypnosis – learn how to remove specific un-wanted food and drink from your lifestyle
- Session 06** Understanding Forgiveness and Projection

One & D.O.N.E. Weight Release Technique Questions

- ✓ How can we make improvements to your Time Zones and any Eating Zones?
- ✓ What increments of time and time of day make sense for More Movement?
- ✓ When sensing portions and meals, how can you use the One & D.O.N.E., S.T.O.P. & S.L.O.W. strategies?
- ✓ What additional nutritional support and strategies are doable for you?

*With One & D.O.N.E. Weight Release,
you will create a doable 'My Healthy Plan',
that is repeatable and improving,
one moment at a time, day by day.*

One & D.O.N.E. Weight Release Success Group

For a low monthly fee, participants and graduates of the One & D.O.N.E. Weight Release program attend a weekly 30-minute online session to receive group hypnosis, empathetic support, and an understanding community because we all need to eat & drink and exercise for physical survival!