

# make changes

•NLP & hypnotherapy •for your life

[www.makechanges.com.au](http://www.makechanges.com.au) Ph; 1800 760 249

What some of our *Ideal Weight* clients have said...



★★★★★ 12 Jan 2015

jennim4 from Melton

I have tried so many different ways to lose weight and have had success only to watch it creep back on. I went to see Wendy as I had heard hypnosis would help. It was amazing, Wendy took the time to listen to me and we discussed the reasons I thought I couldn't maintain a weight loss. The session was so informative and empowering. It helped me deal with and combat the barriers I used to sabotage my own weight loss goals and taught me ways to be the person I want to be. At the end of my session I felt so positive and confident of finally being in control. My whole attitude has changed, I know I'm going to succeed and become a healthier and happier person. It's been 3 months now and I have lost 6 kilos. Thanks Wendy

★★★★★ 18 Aug 2014

jacquelines5 from

Wendy helped me decide on the best path to reaching my ideal weight. She not only discussed all the elements of healthier eating and a more active lifestyle with me, and tailored these elements for me, but the NLP and hypnotism also helped. I've currently lost 7 kilos in less than two months and am confident I will be able to reach my goal.

★★★★★ 25 Jan 2015

margareto9 from Kings Park

I went to see Wendy September last year to help me lose weight. Very impressed with the time she spent with me going through issues concerning my weight gain. Since my session I have found that I'm no longer looking for sugary foods and now eat very healthy. Even when I do have something sweet to eat only have a small amount and I find that I'm satisfied with that. Thanks Wendy for all your help. Very happy with overall result and have no hesitation in recommending Wendy.



Check out Anton's video testimonial on our website. Hear his story of how his life has changed with hypnosis. We also helped him to quit smoking.

He let go of 26kg in the first 6 months after his session.

He is still on his Ideal Weight journey and is feeling and doing great.

Go to: <http://makechanges.com.au/what-a-difference-a-year-makes/>

See our website for more reviews and information at [www.makechanges.com.au](http://www.makechanges.com.au)