

# IMPORTANT: READ ME FIRST

*Hello and Congratulations!!*

By taking the step to purchase the “**Stress Free NOW**” **Combo Pack**, you are investing in *your success, your future and yourself.*



## **Your Package Includes:**

- “**Ultimate Weight Loss Solutions Seminar**” DVD (recorded in front of a “Live Audience” – 1½ hours)
- **Ultimate Relaxation CD** – Self-Hypnosis (35 min)
- **Reduce Anxieties CD** – Positive Affirmations (30 min)
- **Healthy Living CD** – Positive Affirmations (30 min)
- **Bonus Educational Materials**

**Because you’ve taken the very proactive step of doing this now...**

## **I also have some Good News to share with you!!**

For signing up today, you will receive a “complimentary” **Break Your Bad Habits/Beliefs Strategy Session** with me (by telephone), a \$750 value. Go to the **Living Well Assessment** at [www.LivingWellAssessment.com](http://www.LivingWellAssessment.com).

## **What Self- Hypnosis IS and What it ISN’T**

First, watch the “**Ultimate Weight Loss Solutions Seminar**” DVD in your “**Stress Free NOW**” **Combo Pack**. The DVD’s focus is on weight loss but it is a good overview of “**What Hypnosis Is and Isn’t.**”

\* **Please Note:** Do NOT experience the “**I Am Slim and Trim**” hypnosis session. **Stop** at the red screen and then listen to your “**Ultimate Relaxation**” **Self-Hypnosis** CD. Focus your first 28 days on your stress free goals; then **after 28 days** you can experience the “**I Am Slim and Trim**” hypnosis session recorded on the DVD.

Second, in addition to the daily listening of your Self-Hypnosis CD, “**Ultimate Relaxation,**” begin listening to the “**Reduce Anxieties**” or “**Healthy Living,**” Positive Affirmations CDs, (which you can play in your car) **for a minimum of 28 days.**

## **This will dramatically increase the attainment of your goal.**

Please call me if you have any questions. I am here to support your goal of becoming the healthy, happy, stress **FREE** person you *deserve and want to be.*

*Linda*



**Linda Allred**

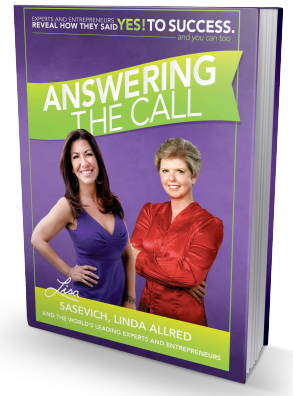
**Certified Hypnotist/Kinesiology Energy Expert**

# Who Is Linda Allred?

Linda is known as ***The Hottest Ticket In Town***.

She is an expert in two of the most powerful belief-change modalities in the world, **Self-Hypnosis** and the energy work of **Kinesiology**. In addition, she is the co-author of the best-selling book, ***Answering The Call***, published by Celebrity Press.

The book became an instant #1 Best-Seller in two categories, ***"Marketing, and Marketing For Small Businesses"*** on Amazon the day it was released due to the message that so many people need in their lives.



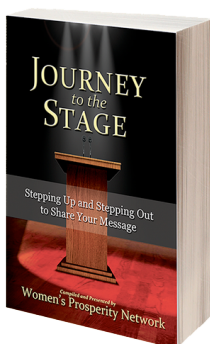
The book finally allows the reader to *Answer Their Own Call* in their journey through life, whether that is **losing 10lbs, 100lbs, reducing stress, quitting smoking, charging what they are worth or making \$100,000 or \$1,000,000 in their business**.

Linda's powerful chapter, ***Change Your Mindset, Change Your Life***, inspires readers through her own courageous story, going from overweight and overeating to create a false sense of happiness to finding her true calling and passion, turning her life around helping others let go of their own limiting beliefs.

Based on the success of the book, Linda was awarded a Quilly™ Award this last September in Hollywood, CA, where she also presented a powerful presentation in front of more than 200 Best-Selling Authors® including Mark Victor Hansen from the ***Chicken Soup For The Soul*** empire, her own mentor and coach Lisa Sasevich and Peter Diamandis, founder of the X-Prize.

## See Quilly Award™ Presentation Here:

<https://www.youtube.com/watch?v=6rywWQjQ3Jc&feature=youtu.be>.



for you!)

In fact, Linda is so committed to her mission of helping others experience the same freedom and life-enriching change that she is extending her reach to the business world, helping professionals put the Universal Minds to work and see their profits soar!

In her most recent Best-Selling book, ***Journey to the Stage***, Linda reveals the difficult, yet inspiring journey she took toward becoming a Best-Selling Author® and how **public speaking has helped her build the business of her dreams (and how it can do the same**



# My Commitment To You

*When you do what you always do  
**you get the same result** you have  
always gotten.*

*To improve your life **you must**  
**change, progress, grow** and be  
more.*

**This business of change is the  
business I have chosen.**



**A responsibility I take seriously.**

*It is a privilege to assist you in  
losing unwanted weight, ending a  
smoking habit, reducing stress or  
improving self-confidence.*

**I genuinely understand the importance  
these changes represent** *in making your  
life a healthy, more enjoyable and  
rewarding experience.*

*Place your trust in me and I am  
committed to do everything within the  
limits of my skills and experience to  
**deliver the exact results you want and  
deserve.***

*I am dedicated to providing you with  
exceptional service. **Your results, dignity  
and care will always be my number one  
priority.***

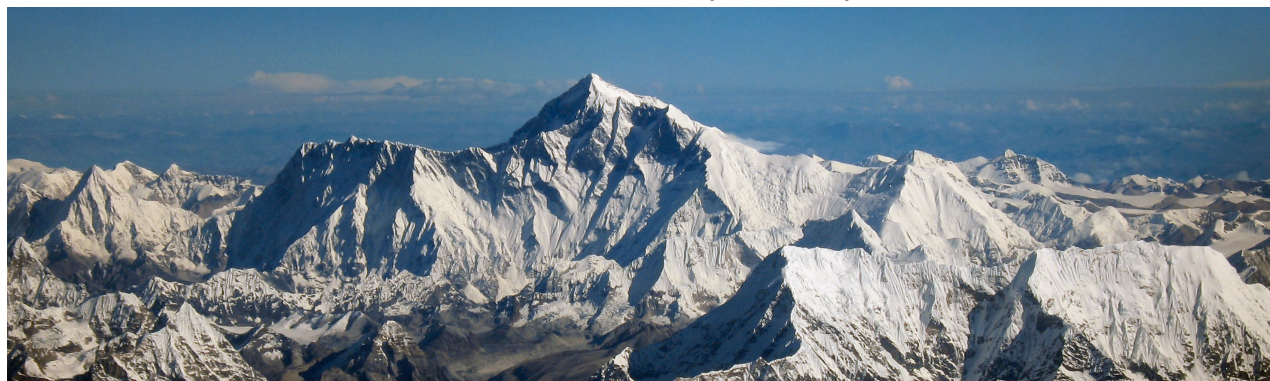
*That's **my promise** to you!*

**Love and Hugs,**

*Linda*

# Ultimate Weight Loss Solutions Seminar

*Your Exclusive Formula For Health, Happiness, and  
A Slim/Trim Body Today!*



## 7 Steps To Action

Here are the **7 "Step Into Action" Weight Loss Secrets** required for you to implement into your daily routine in order for you to achieve the weight loss success of your dreams.

### 1. Success Plan.

Day by day you have a strong commitment to work your **7 "Step Into Action" Secrets** to help you form healthy new habits to achieve your weight loss goals.

### 2. Belief.

Day by day you will notice that your belief that you will become the healthy, happy, slim and trim person that you deserve and want to be will grow stronger and stronger.

### 3. Drink Water.

People often confuse hunger with thirst. Before eating, drink an 8-ounce glass of water, wait 5 minutes. If you are still hungry, eat. **Drink a glass of water before each meal.**

### 4. Exercise.

Do you know what the best exercise program is? The one that you will do!

You may want to start with walking briskly each day. Start with 20 minutes and work up to an hour. Take your walk before your largest meal of the day. If you aren't willing to commit to an increase in physical activity **just forget the whole thing and accept being fat.**

## **5. Stop Dieting.**

Day by day you are learning to let go of the diet mentality. You are learning that naturally thin ladies do not diet. You are learning that naturally thin ladies eat exactly what they want to eat, but you also understand that naturally thin ladies stop eating when they are full. Naturally thin ladies do not overeat. Why?

**Naturally thin ladies have allowed their stomach to shrink back down to its natural size, which is about the size of their fist.**

So naturally thin ladies eat exactly what they want but they eat smaller portions. The good news is you will be pleased to notice that hypnosis causes you to feel full, full, stuffed, and satisfied with less and not feel deprived which will allow your stomach to shrink back down to its natural size. You will also be pleased to notice that every time you are getting ready to eat, you always remember to make a fist and put it over your plate as a hypnotic reminder that your stomach in its natural size is about the size of your fist. As if, as if, your stomach has shrunk down to golf-ball size.

## **6. Adopt New Healthy Eating Habits.**

You understand that it doesn't take a wizard to figure out that if you eat candy, cakes, pies, fried this and that, that your weight loss is not going to be fast, easy and effortless. The good news is that self-hypnosis has been proven to be the fastest and quickest way to turn your bad eating habits around, and through the power of hypnotic suggestion you will notice that you will always choose healthy, nutritious food. **Hypnosis gives you control.** Gives you control to eat meat, fish, poultry, fruits, and vegetables. ***You eat until you are full, content and satisfied. Real content. It's easy. What could be simpler?***

## **7. Take Action and Become a Responsible Eater.**

The day that you accept complete responsibility for your actions and become a responsible eater, the day that you stop making excuses... period, that is the day that you achieve your goals. We all need to accept the consequences of that which we bring about in our lives, both the good and bad. Accepting that we alone create our happiness and well-being is the seventh "Step Into Action" Secret to successful weight loss. When you stand up and hold yourself accountable, that's the day that you will achieve your goals.

# ***What EXACTLY Does Gaining 40 Pounds Do To Your Health?***



## ***OBESITY...The Most Serious Health Problem in America***

**Meet Dr. Mitra Ray**, a biochemist who gave the following example of what gaining 40 pounds would do to a person who is 5 feet tall and weighs 110 pounds.

Dr. Ray stated, **"Gaining 40 pounds would not only make you look bad, but it would increase your chances of:**

- ✓ **Heart Attacks by 360%**
- ✓ **Cancer by 80%**
- ✓ **Type 2 Diabetes by 2,660%**
- ✓ **High Blood Pressure by 260%**
- ✓ **Degenerative Arthritis by 400%**
- ✓ **Gall Stones by 270%**
- ✓ **Increase your chance of dying by 110%**

*\*This information is found in the "The New England Journal of Medicine; The American Journal of Clinical Nutrition; The Journal of the American Medical Association & Circulation.*



# The LightBulb Effect

## *Self-Hypnosis Is the Electricity of The Mind*

Although there are definitions of self-hypnosis, it can be understood by a simple illustration. ***Each day we use electricity.***



Although most of us do not know exactly what electricity is or how it works, we use it for many necessary things such as light and heat. When asked the question:  
***"What is electricity?"***

Thomas Edison replied, **"Electricity is. Use it."** It is not necessary to know HOW self-hypnosis works in order for us to use it.

***Self-hypnosis and its benefits are there for the taking. USE IT!***  
Self-hypnosis is a lifetime tool. Once you have learned it, you own the most powerful resource for change and relaxation that exists.  
***And once it is yours, no one can ever take it from you.***

### ***Why Not Start Now? It's as Easy as 1-2-3***

1. Before putting yourself into a relaxed state, go to a room or area where you can be reasonably sure that you will not be disturbed by the telephone or by other people coming in while you are relaxed.
2. Sit down in a comfortable chair, ***preferably a recliner***, or lie down on a bed or a couch. Be sure that you are not in a position that will cause you to go to sleep.
3. Loosen all tight clothes. ***Be sure you have used the rest room!***
4. Breathe deeply and exhale slowly 5 times. Then find some small object or spot in front of you and above your line of sight. This spot could be a mark on the wall, the tip of a plant leaf, part of a picture, or anything that is stationary. Stare at the spot until your eyes feel watery and it is more comfortable to close them. Then close your eyes and tell yourself to 'Let Go'.
5. Continue breathing deeply and slowly and think of words or phrases like the following:

***"All the muscles around my eyes are relaxing more and more with each breath I take. I am letting the muscles in and around my eyes relax completely."***

**\*Note:** Let the muscles in and around your eyes continue relaxing until they feel like they are so relaxed that they don't want to open. When your eyes have become so relaxed that they don't want to open, you can test them and make sure they remain closed.

**"Now that my eyes are relaxed, the relaxation is moving through the rest of my body from the top of my head and all the way down to the bottom of my feet."**

**\*Note:** Continue breathing freely and easily as you proceed with the following suggestions:

**"As I continue breathing freely and easily, all the muscles in the top of my head, scalp and forehead are relaxing more and more. This relaxation is moving down from my forehead to my eyes and my eyes are becoming even more relaxed."**



**This wonderful feeling of relaxation is now moving down to all my facial muscles, my cheeks muscles, and my jaw muscles."**

...

**"This pleasant feeling of relaxation is gently moving down the back of my head into my neck and down into my shoulders. Now it is moving down into my arms, hands, and fingers. Even my fingertips are relaxed."**

...

**"This comfortable relaxation is now sliding down to the lower part of my back, my abdomen, my hips, and my thighs. And as I exhale, I feel all the muscles in my chest relaxing."**

...

**"I am feeling a very pleasant feeling of relaxation gently moving down into my legs, feet, and toes. Even the tips of my toes are relaxed. My entire body is truly responding to the idea of relaxation as I continue to breathe freely and easily. I am letting go completely and will continue feeling calmer, more peaceful and more at ease."**

...

**"Each time I practice self-hypnosis, I continue to become totally relaxed more quickly and more easily. I am bringing myself into a deeper state of relaxation of body and mind."**

**\*Note:** It may help to try one or more of the following techniques: Count from 5 to 0, walk down an imaginary flight of stairs, or travel down an imaginary elevator. When you reach the end of any of these, you will be in a very deep and peaceful state of relaxation.

# Practice Makes Perfect



After you have practiced this technique for a week or two, and you learn to relax yourself completely, you will be ready **to use a more rapid method of self-hypnosis.**

To experience rapid self-hypnosis, you will create a signal that will automatically enable you to achieve a state of relaxation each time you use it.

**A typical signal would be:** “Every time I breathe in deeply and exhale slowly and open and close my eyes and think the words, ‘**Let Go**’.”

Then, when I do not feel like opening and closing my eyes anymore and telling myself ‘**Let Go**’, I will immediately go into a deep state of relaxation.

I will feel my entire body automatically relaxing.”

- **To bring yourself out of the self-hypnosis experience, count from 1 to 5.**
- **On 5, you will open your eyes and you will be wide-awake and fully alert.**
- **To practice rapid self-hypnosis, repeat this procedure several times until you are comfortable with it.**

# Are You An 'Agony Annie'?



## ***7 Habits Highly Of The Most Unhappy and Ineffective People***

1. **Whatever You DO, DO NOT Take Tips From Healthy People.** If a healthy person tries to tell you about being healthy, do not take any advice from them.
2. **Do NOT Move Around Very Much.** Sit on your butt as much as you can.
3. **Do NOT Drink Any Water.** Stick to coffee, soda and alcohol.
4. **Do NOT Sleep Much.** And, of course, do not participate in any self-hypnosis, meditation or yoga. Do not take any time out for yourself – just burn yourself out as fast as you can.
5. **Keep ALL Expensive Bad Habits.** Don't give up alcohol use, cigarette use, and cocaine use.
6. **Do not take your Juice Plus+.** It is way too easy. It is way too convenient. Just don't do it. [www.lallred.juiceplus.com](http://www.lallred.juiceplus.com).
7. **Be Critical of Anyone Who Is Trying to Improve In Any Way.**

# Who Am I...?

I am **your constant companion.**

I am **your greatest helper OR  
heaviest burden.**

I will push you onward or drag you down  
to failure.

**I am completely at your command.**



Half the things you do might just as well be turned over  
to me and **I will be able to do them quickly and correctly.**

**I am easily managed** - you must merely be firm with me.  
Show me exactly how you want something done and after a  
few lessons I will do it automatically.

**I am the servant of all great people** and, alas, of all failure, as well.

Those who are great, **I have made great.** Those who are failures, **I have  
made failures.**

**I am not a machine,** though I work with all the precision of a  
machine plus the intelligence of a person. You may run me for profit or run  
me for ruin - **it makes no difference to me.**

Take me, train me, be firm with me, and  
**I will place the world at your feet.**

Be easy with me and **I will destroy you.**

**Who am I?**

**I AM Habit!**



# Points To Remember

1. PEOPLE WHO SUCCEED IN CHANGING THEIR LIFESTYLE GENERALLY **CONCENTRATE ON THEIR STRENGTHS** AND **NOT THEIR WEAKNESSES.**
2. POSITIVE **SELF-TALK BUILDS SELF-CONFIDENCE, SUCCESS, SELF-ESTEEM,** YOUR DAY-TO-DAY LIVING AND EVEN YOUR HEALTH.
3. THE WAY YOU "VERBALIZE" AFFECTS THE WAY YOU THINK AND ACT, WORDS HAVE A HYPNOTIC EFFECT ON YOU. WHAT YOU ARE TODAY IS, REALLY, THE WAY **YOU HAVE HYPNOTIZED YOURSELF WITH WORDS ALL YOUR LIFE.**
4. OUR WILL POWER AND OUR IMAGINATION IS LIMITLESS, THE **ATTITUDE WE TAKE CAN GREATLY AFFECT OUR LIVES** EITHER POSITIVELY OR NEGATIVELY.
5. THE SECRET OF THE MOTIVATED PERSON'S ABILITY IS TO BELIEVE IN A JOB, A PURPOSE, A GOAL. THERE IS NOTHING ONE CANNOT ACHIEVE IF ONE HAS **THE ABILITY TO BELIEVE.**
6. PUT AN END TO PROCRASTINATION. ACTUALLY, SOME OF THE WISEST DECISIONS ARE MADE UNDER THE PRESSURE OF A DEADLINE. SO **A QUICK DECISION IS OFTEN A BEST DECISION** AND IS CERTAINLY BETTER THAN NO DECISION.
7. LOOK HARD AT YOUR LIFE. ARE YOU DOING **WHAT YOU CHOOSE TO BE DOING** IF YOU KNEW YOU HAD SIX MONTHS TO LIVE?
8. CONCENTRATE ON THINKING **WHAT'S AHEAD FOR YOU AND NOT WHAT LIES BEHIND** YOU AS IT WILL SLOW YOU DOWN. AFTER ALL, WHAT WOULD WE DO IF JET PILOTS ONLY LOOKED BACKWARDS AND NOT FORWARDS?
9. VISUALIZE YOURSELF WITH THE SKILLS AND CONFIDENCE TO CHANGE YOUR LIFESTYLE AND **CREATE A "BLUEPRINT FOR SUCCESS".** THE MORE YOU "SEE" YOURSELF SUCCESSFUL, THE MORE LIKELY IT IS TO HAPPEN . . . BECAUSE **YOU WILL MAKE IT HAPPEN.**
10. IF IT IS TO BE, IT IS UP TO ME, THESE TWO-LETTER WORDS, TEN OF THEM, LEAVE NO ROOM FOR EXCUSES, SAY THEM AND YOU **TAKE ABSOLUTE RESPONSIBILITY FOR YOURSELF AND YOUR LIFESTYLE.**



**I AM . . . I CAN . . . I WILL!**

# Responsibility Contract



*I UNDERSTAND THAT ACHIEVING MY GOAL IS  
MY RESPONSIBILITY.*

NAME \_\_\_\_\_

DATE \_\_\_\_\_

## This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

