

# **Amazingly EASY Advanced Hypnosis Secrets Will Help You Snuff Out Smoking AND Melt Off As Many Pounds As You Want WITHOUT Extra Long Hours In The Gym, Tasteless Diets, Gums Or Patches — *Guaranteed!***

*By Ian Hannaford*

Are you ready to start living the life you were meant to live? Have you tried every fad diet, smoking patch, and chewing gum plan out there? Are you consumed with stress, convinced that nothing is going to change, and that all of your REAL dreams are dead?

If so, then this is going to be the most important message you've ever read.

Here's why: Not long ago, I was introduced to Randy Charach – world-renown stage hypnotherapist – and found that his secret hypnotic tactics are directly responsible for thousands of *formerly* stressed-out, overweight smokers – now relaxed, slim, and smoke-free!

**Are you finally ready to incinerate those extra stubborn pounds ... kick smoking (for good this time) ... while increasing your energy, joy, and zest for life? If you are, this important message will change your life forever!**

Randy's success comes not from being a stage hypnotist and entertainer, but from his more than 20 years of study and sharp understanding of how to shape human emotions, motivations, and the mind itself – which anybody can learn to *finally* change their life – once they delve into one of Randy's mind-molding sessions.

You see, Randy holds the 'secrets' to attacking the limiting beliefs and emotional triggers that keep you enslaved to food and nicotine addiction – and doing it in a safe, responsible, ethical way that will never compromise you or harm you in any way! And he's excellent at making you feel relaxed and confident in controlling your emotions.

In fact, thousands of other people just like you, who used to struggle with addictive behavior, have listened to one of Randy's 18 different self-hypnosis audios – and they've

experienced incredible breakthroughs!

But... while those other people experienced such remarkable success with Randy's other hypnosis products, I was astounded at the level of depth and advanced hypnotic suggestions he uses in this latest audio set. They're like *nothing* he's ever done before.

It's seemingly insignificant — little hypnotic suggestions here, mental anchors there, slight tweaks and adjustments to his rhythm and cadence – all while leading me into a deeply relaxing hypnotic trance that amazingly enabled me to make a vital “**connection**” with my own inner champion. A connection I have never experienced before in my life.

For instance, I discovered...

- **The one HUGE mistake everyone makes when trying to lose weight** that *virtually* guarantees you won't shed a pound. Here's a hint: it's not about how much you exercise or how few calories you consume. And no one is telling you what is really keeping you overweight – especially the so-called health experts who just want to keep you coming back again and again buying their latest diet fad!
- **The “Achilles Heel”** that keeps most people from *ever* realizing positive change – the control of negative feelings. These actually cause you to sabotage your goals and dreams! But Randy shows you how to eliminate them once and for all — giving you the greatest opportunity for success you've ever had!
- The daily suggestions you'll **be compelled to use** — and why they're *so important* for creating *any* feeling you want!
- How to allow your body to easily and naturally adjust to its **unique, optimum weight** – and, almost without effort, **MAXIMIZE** your energy and physical ability. (Once you discover how easy losing weight is, you'll wonder why you stayed overweight for so long!)
- **The secret to eliminating EVERY thought of smoking.** Never again be lured down “Relapse Road.” Most *ex*-smokers “cave to the crave” – robbing themselves of clean, healthy lungs and an extra 10 years of life!

There's more that I don't have space to tell you about here. And yet, these seemingly “insignificant” tweaks absolutely changed my life. Without even trying...

## **I Quit Cold Turkey – Without Looking Back – And Dropped An Extra 11 Pounds Like It Was A Backpack Of Bricks**

My life now is what I had always dreamed (but never really thought it could be). I'm

exercising – because I want to, not because I'll feel guilty if I don't. And I love it! I haven't felt so much as a whisper of a craving for cigarettes in months. Everyday I have a new and fresh outlook ... *and without having to "think" about it!*

The only “change” I made was I periodically listen to the hypnosis inductions that Randy leads me through. Within minutes, I'm refreshed and instantly in control of my mind, my emotions, my desires, and my behavior. What's more, by implementing the “advanced hypnotic instructions” I receive, living my new life with confidence and purpose is *easy*. (I don't ‘dream’ anymore. I'm living it!)

This is the closest you'll ever get to "**Instant Instruction**" — where your mind is programmed to give you your dreams and desires and then it *does it— correctly* — time after time! Just **30 minutes** is all it takes to remove years of “wrong thinking” and negative emotional triggers that have been keeping you hostage to a stressful life of overeating and tobacco.

After that first induction session with Randy, everything in my life suddenly came into sharp focus like a pair of high-powered binoculars zeroing in on *exactly* what I want for my life. It was smooth, relaxing, full of peace. **And incredibly EASY.**

The longer I listened, the more I realized that what I was experiencing was much more than just a “quit smoking” or “lose weight” session. There was something else. Something much deeper, much more life penetrating. And it suddenly began to dawn on me the true “genius” behind the hypnotic suggestions that Randy was sharing with me.

It was a moment I'll never forget — and my life has forever changed in ways I could never have dreamed of only a few short months ago. Not only have I quit smoking and lost a *ton* of weight, my confidence is soaring like a 747 commercial jet.

But you know what? Really, the most amazing part is that these hypnosis sessions and the results that follow are literally secret weapons of personal development that I had not experienced before, ever...from ANY other hypnotist. (And as a certified hypnotist myself, I thought I'd heard it all!)

So I knew what I had to do. I knew I had to get Randy to let me offer you his “Top Secret” hypnosis package so you too could have access to the same life-changing, advanced mind-shaping sessions that made me a different person. Because frankly...

### **Your Life Won't Be Anything Close To What You Want Without Them!**

Randy agreed. And after some weeks of re-editing and cleaning up the audio, we are releasing Randy Charach's amazing self-hypnosis secrets in a new package...

**“The Wellness Bundle”**

When you listen to these audios and follow the hypnotic suggestions deeper into your sub-conscious, you'll experience a whole new level of personal control. They are guaranteed to help you shape the life you want. You will instantly (and I do mean *instantly!*) begin to **evaporate your cravings for food and tobacco.**

This amazing package includes three half hour, highly focused hypnotic sessions that you'll want to use time and again. Here's how it breaks down:

### **Hypnotic Audio # 1 – Stop Smoking Now** [or alternate title]

In this dynamic session, Randy will literally implant in your mind suggestions that will annihilate your cravings for nicotine. Soak up this session and...

- **Discover the “secret technique”** to eliminating EVERY thought of smoking – for good!
- **Command your desires to obey you.** The temptations to smoke that seem to bushwhack you at every turn, will actually “melt away” like ice in hot water.
- Understand why your **first 3 smoke-free days** are absolutely the most critical for your success.
- **Neutralize your sensitivity to cigarette smoke.** Never again will you have to wait twice as long for a table at your favorite restaurant because you're terrified of the “smoking section.”
- **Disconnect yourself from the “ritual” of smoking.** When are you most likely to smoke? Work break? Social Event? Anger? Completely eliminate these “triggers” that seem to always *chase* you back to nicotine.
- And much more...

### **Hypnotic Audio #2 – Drop The Weight Now** [or alternate title]

There's no doubt that the weight loss industry has been running a racket for years, with endless promises of slimmer waistlines. Yet the only thing that seems to get slimmer is your wallet! Well, those days are long gone because in this session, Randy programs you for lasting weight loss success. When you absorb this session, you're body will begin to *adjust* to its natural, healthy weight. You'll ...

- **Crush your cravings for unhealthy food.** Never again will you long for foods that keep you fat!
- **Erase emotional feeding.** Unhealthy desires for food (triggered by negative emotions) pack on the pounds like a caravan camel. From now on, you'll **ONLY** eat when your body *needs* food – and you'll be completely satisfied.
- **Discover why all those diets you've tried** were absolutely destined to fail. It's almost a crime...and you'll see why hypnosis is your **ONLY** solution.
- **Feel giddy exhilaration** when you see the numbers on the scale steadily going down as though you were riding on an elevator!
- **Program your mind to crave and enjoy** healthy food and exercise. You'll not

only evaporate the extra weight, you'll instantly transform yourself into a model of health and fitness – the kind that fuels fierce jealousy at the gym!

- And much more...

### **Hypnotic Audio #3 – Instant Stress Relief** [or alternate title]

So much of your success and quality of life hinges on you're ability to control stress. In this vital session, Randy mentally takes you by the hand and leads you through a series of deeply relaxing exercises. Not only will you feel muscle tension instantly fade away, but you'll start repairing mixed-up emotional and mental triggers that are RIGHT NOW working against you...

- **Flip the 'magic switch'** and immediately control your feelings. Want to feel happy? Flip the switch. Need to feel more confident, in control? It's as simple and *fast* as flipping the light switch!
- **Discover the simple 'secret' technique** to creating any outcome you want. Your dreams and desires will begin to crystallize very rapidly before you.
- **Fill your mind with unstoppable self confidence**, self worth, and self esteem. No challenge will overwhelm you – you'll finally become the MASTER of your life.
- **Experience the 'orange liquid' technique** that dissolves every negative emotion you have. You'll be filled with love, peace, and contentment.
- **Insulate yourself from negative people** with a 'secret' hand gesture – and NO it's not THAT one! This gesture is positive and meant for you alone. You'll absolutely *love* this.
- And much more...

I have no doubt that you WILL see amazing results. Why? Because people who've already followed Randy's hypnotic suggestions are rapidly changing their lives like never before!

A lady named Susan, an Army soldier's wife, was amazed at how much weight she'd lost due to the advanced self-hypnosis she began applying to her life. With her husband overseas, the weeks and months of stress from raising three children all alone quickly snowballed into an unhealthy lifestyle for Susan. Not only had she put on weight at an alarming rate, she began having painful migraines from all the stress.

But after following Randy's advanced inductions, she is finally creating the life for herself that she had only dreamed of: A beautiful body coming into its proper shape, renewed energy, and overall peace and contentment even in the uncertain lifestyle of a military family.

And now Susan is a new woman — she has lost 152 pounds in 37 weeks (and the migraines are history!)

[TESTIMONIAL]

[TESTIMONIAL]

That's not all. A 35-year-old man named Jack from Tyler, Texas used Randy's secret hypnosis audios. After a few days, he wrote in *overcome with emotion* because he had finally quit smoking after struggling with endless cravings for more than 25 years.

[TESTIMONIAL]

And, don't forget...I've experienced breakthroughs in my life that, frankly, I did NOT believe were possible — and I'm not through yet!

### **How Much Change Will You Experience?**

I don't know what's holding you back specifically. I do know that if it's your weight you're struggling with, it's going to fall off. If it's smoking...you're finally going to stop...for good. If it's stress, you'll at last gain complete control and mastery over your emotions. Never again will your life be dictated to by negative feelings!

Believe it or not, you're finally going to be living the life you've always dreamed of. You're going to discover how to manipulate your mind and the emotional triggers that have been keeping you on that never-ending "relapse and recover" cycle.

From this point forward, you're going to be living a new life. A life that you feel good about because of what you've accomplished. You'll have skyrocketing self-confidence — or at the very least *much more* confidence than you probably have now.

You'll see different life experiences in a new, more enjoyable way. You will long to tackle activities that right now you avoid because you're too heavy or embarrassed by your appearance. No longer will you shun social activities or feel self-conscious. You'll relish the challenge of showing the world who you *really* are.

And your friends will look at you in amazement as they marvel at your rapid and impressive change.

In fact you may just find out who your true friends are. Because when they see how much weight you've lost or how healthy and attractive you look after kicking the cigarettes to the curb, you're *so-called* friends will let their jealousy show. They may give you the standard "you look so good" comment. But make no mistake...they'll be fuming inside with envy. I hope you can handle that that sort of 'judging' — because you're going to get your fair share of it.

But you know what? What you'll *really* be getting from your **true friends** is...

**Support...**

**Love...**

**Respect...**

...and a bunch of questions about *how* you did it!

Obviously, this won't bother you at all. Your confidence will soar to oxygen-thin heights. People will start looking to you for help, support and advice on how to deal with their own struggles with weight and smoking. You're biggest concern will be how to *not* make it sound so easy – but then again, you'll be living proof, a walking testimony, to the power of this self-hypnosis package.

With Randy Charach's advanced hypnosis package, you'll feel an extension on life. Unthinkable lifestyle choices like exercise, outdoor activities, and two-piece swimsuits will be a natural part of everyday life to you. You may even start getting an interested look (or two). Without a doubt you'll be turning heads.

And those deflating phrases "I'm too tired" and "I don't feel like it" will rarely ever occur to you again. In fact, you may have a hard time finding friends to keep up with your newfound energy and enthusiasm.

To put it simply...

### **You'll Finally Start Living The Life You Were Meant To Live!**

And if you're like me, you're going to love every minute of the new "you" — *more than you've ever enjoyed living before!*

And as fantastic as that is, there's even more...

To help you experience even deeper change, I'm going to throw in these bonuses for **FREE**:

[BONUS #1]

[BONUS #2]

[BONUS #3]

However, these extra bonuses are available **ONLY** as a "**Quick Response Bonus**" — which means you have to order *now* to guarantee receiving them. I may be pulling them soon in order to offer them individually. They're that good!

### **Order Today And Get These "Life-Change" Tools At A Special Discount Price!**

Naturally you'll agree that the chance to finally drop that sack of weight that's been plaguing you or to cut the slavery-chains of smoking for good is invaluable. To change your life so radically for the better is something you just can't put a price on. It's bound

to cost a fortune, right?

Well, you'll be *ecstatic* to know that I've made this incredible resource very affordable.

You see, I'm giving a **SPECIAL DISCOUNT PRICE** to people like you who are tired of being pushed under the bus by quit-smoking 'experts' and weight-loss 'gurus.' Normally, this life-changing hypnosis package costs [\$79]. (That's the price I'll be raising it to soon).

But for you, the price is [**only \$39**]. That's an instant \$40 savings just for deciding to change your life today!

Plus, you also get the special bonuses I just mentioned — a [VALUE OF BONUES] value, absolutely free.

And, if for some reason you're a bit skeptical (heck, who'd blame you after all the empty promises thrown at you over the years!), don't worry. You're fully protected by my unheard-of...

### **“Lose It And Kick It” Guarantee!**

That's right: Keep Randy Charach's “The Wellness Bundle” for **ONE FULL YEAR**. Yes, **365 days**. Listen to his deep hypnotic instructions. Give yourself time to absorb the amazing life-transforming sessions. (You really will see noticeable results right away – but I want to give you a FULL YEAR to make up your mind!)

If you don't lose impressive amounts of weight and/or finally kick your smoking habit (for good this time!), return it within a year and I'll gladly refund every cent you paid – no quibbles, no questions, no problem.

But I'm convinced that you'll be utterly shocked and amazed at the rapid change you'll **EASILY** experience when you soak up the advanced hypnotic instruction Randy will program in your mind. Once you see how rapidly your life is changing to match your “ultimate dream life,” a team of professional football players won't be able to pry it away from you!

To get your copy, simply click this link...

[ORDER LINK]

Here's what's going to happen: Once you click this link, you'll be taken to a secure order page where you can enter your credit card information. (Don't worry, it's as secure as the government treasury.)

After submitting your payment of only [PRICE], you'll instantly be taken to a secret

download page where you can have immediate access to this amazing package of hypnosis audios and all the bonuses. You can begin changing your life in as little as 5 *minutes from now!*

So go ahead and order Randy Charach's "The Wellness Bundle" today – and start shedding those stubborn pounds, crush your nicotine habit once and for all, and ramp up your self-confidence, in the next 5 minutes. You'll be glad you did!

Sincerely,

Ian Hannaford

**P.S.** Randy instills reprogramming “triggers” into your brain that virtually guarantees you'll NEVER struggle with cravings, social pressure, or a weak will again. In “The Wellness Bundle,” he shows you how to completely eliminate anger, insulate yourself from persuasive advertising campaigns designed to sabotage you, and the “secret hand gesture” that will give you absolute control over your feelings instantly – you actually **tell** your feelings *what to feel*.

**But you have to let Randy take you to a place where your emotions and motivations can be shaped into what YOU want. This is the ONLY way to truly conquer your weight and smoking challenges. And since you take NO RISK because of my ONE YEAR 100% Money-Back Guarantee, you'd really need to question how bad you want to change if you pass up this opportunity!**

Either that or you've already decided that being overweight and addicted to nicotine is what you *really* want!

Order now and gain immediate access to Randy's hypnosis package and bonuses. I assure you — you will be delighted.

**P.P.S.** Still have some doubts about whether hypnosis really works? Here's what the latest science says:

“Hospitalized patients who smoke may be more likely to quit smoking through the use of hypnotherapy than patients using other smoking cessation methods. A new study\* shows that smoking patients who participated in one hypnotherapy session were more likely to be nonsmokers at 6 months compared with patients using nicotine replacement therapy (NRT) alone or patients who quit "cold turkey.” ~ Science Daily ([www.sciencedaily.com](http://www.sciencedaily.com)) October 24, 2007.

**P.P.S.** Other than this set of self-hypnosis audios, the only OTHER way you could

have gained access to Randy Charach would have been to pay his \$5000 an hour personal counseling fee. That's because his methods are that powerful. The problem is, Randy is now retired from personal hypnotherapy counseling.

But fortunately, anyone with a computer, iPod, or MP3 player can have immediate access to Randy's life changing hypnosis sessions – in as *little as 5 minutes* – and at a *tiny* fraction of the cost of his now-closed private sessions.

Take action and start down the road to rapid personal change. Order now.