

Prescott Woman Overcomes Yo-Yo Dieting & Low Self-esteem



[Lana photo](#)

Lose pounds and Gain It Right Back

My weight had yo-yoed for years. I'd started gaining weight when I was about 10 years old and used food as a compensation for the emotional turmoil I experienced. I tried everything; pills, starving myself – nothing worked.

Low Self-esteem Undermined My Confidence

I was unhappy with my life. I felt a lack of respect everywhere, especially at work. My confidence was very low and I was so unhappy.

How Can He Love Me Looking Like This?

Even though he said it didn't matter, I worried my husband couldn't love me being so overweight. I didn't feel lovable or sexy and ... being heavy was affecting my health.

A New Approach to My Old Problem

When I was about 30 I found hypnosis. It worked and I lost 35 excess pounds, but it wasn't a program like the one at Prescott Hypnosis. It didn't give me the tools to maintain my weight loss and it didn't address the underlying emotional issues. Since starting this program I have not only lost more than 18 pounds and 8 ½ inches, I have gained self-confidence and an appreciation of myself as a whole person

Friends & Family Support Me

My husband has been wonderful. He has never ridiculed me about being overweight and he has been totally supportive through this whole process. My friends and coworkers encourage me. My weight loss with hypnosis has given them hope for what changes might be possible for them too.

Results, Results, Results

Prescott Hypnosis taught me to think, eat and act like a thin person before I ever was one. Now I'm wearing a size 10 and still losing weight. I'm more than half way to my goal and I'm training to run a 5K, which I never before thought possible. Life is excellent!