

TRANSFORMING HYPNotherapy

How to

REACH THE WEIGHT YOU'VE ALWAYS DREAMT ABOUT

WELCOME
YOU

CHANGE
TODAY



A step-by-step guide
to healthy weight using Weight
Management Protocol of
Transforming Hypnosis

BY BEATA KOVACS

www.transforminghypnotherapy.co.uk

All about weight – why it is important to talk about IT today?

According to the statistics 64% of britons ([Statista obesity rate](#)) are overweight, and the average in Europe is 53%. UN talks about a pandemic that should be stopped.

As we know all well, that the closer you are to your ideal weight the healthier you are physically and mentally. Being overweight in the majority of cases is connected to bad habits, beliefs or emotional problems that diets will not change long-term. Wherever you look there are hundreds of tools to help you eat better, excercise more (e.g. <https://www.nhs.uk/better-health/lose-weight/>) - but they miss the mental support - and that is what I am doing for you. Accompany you and help you on your way.



Important tip

Start it now by answering: **WHY** do you want to lose weight? Ask your friends and family who love you to tell why it is good for you to change. What positive effect it will have on their lives?

Achieving and maintaining your ideal weight is no easy feat, especially when you're doing it alone. That's why I'm here to support you every step of the way, guiding you through a personalized hypnosis approach tailored specifically to you. Together, we'll build a powerful toolkit from a range of effective hypnosis techniques that will strengthen, motivate, and inspire positive changes in your lifestyle, diet, and mindset.

All it takes is your decision to start. With someone to guide you, offering a proven method and ongoing support, you can reach and keep that ideal state for good. Achieving and maintaining a healthy weight requires adjustments in how we eat, move, and think. Weight management is less about dieting and more about the way we perceive ourselves and our environment. Much of this journey is mental - whether it's overcoming lack of motivation or shifting beliefs - and hypnosis can help ignite those changes, boosting your metabolism and turning your body into a fat-burning powerhouse.

Hypnosis is a transformative tool that can free you from dieting and end the cycle of weight loss and regain. With hypnosis, you can build a sustainable path toward your healthiest self and step off the weight rollercoaster for good.



Here are some tips and steps you can take **today** to reach your ideal weight

- 1.** Change your attitude and beliefs
The beliefs are underlying causes that influence us. We have to uncover and change them.
- 2.** Change your words and thoughts
Our thoughts influence our behavior, so when you have positive and helpful targeted thoughts
- 3.** Change your pictures
The New You is already there- visualisation is powerful and gets better with practice.
- 4.** Change your food
Of course, you need to approach food in a healthier way and choose the ones that make you healthy and happy

“

...By changing from the inside and changing your relationship to food you are much more likely to succeed...

Marisa Peer: You can be thin

”



Important tip

to change your **attitude**

1. Create a list of words, phrases, or sentences that capture how you feel about yourself when you think about your weight. For example: "Diets never work for me." Write it all down, then ask yourself: Is this really true? A belief starts to disintegrate at the moment you question it.

Step 1: Change your attitude

Adjust your attitude towards yourself:

Examine your list and challenge it—the thoughts we think can create physical changes in our bodies. Visualising an action activates the same brain regions as physically performing it (see [example](https://pmc.ncbi.nlm.nih.gov/articles/PMC3747442/) here:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC3747442/>)

Fascinating, isn't it? This is the power of the mind—not magic, but science. Start adjusting your attitude by linking pleasure to new, positive beliefs. Identify the habits and beliefs that hold you back, then face and question them. In our hypnosis sessions, we'll address these barriers and turn them into positive reinforcements.

Adjust attitude to food:

Remember, the opposite of love is not hate, but indifference. Think of how, after food poisoning, you instinctively avoid that food. Use this mindset to develop a healthy indifference to foods that don't serve your goals, making it easier to foster habits that benefit you.

Hypnosis session



Finding out what beliefs you have about weight and management of weight and we install new beliefs that will help you achieve the wonderful state that you are aiming. Remember, your beliefs exist only in your imagination, so you are free to change them.



Important tip to change your **attitude**

Exercises to reprogram the way you are thinking about food

2. **Make a list of foods you love and categorise them:**

Is it good or me? Is it making me stuck with the weight challenge? awareness itself is amazingly important. Read the good list every day.

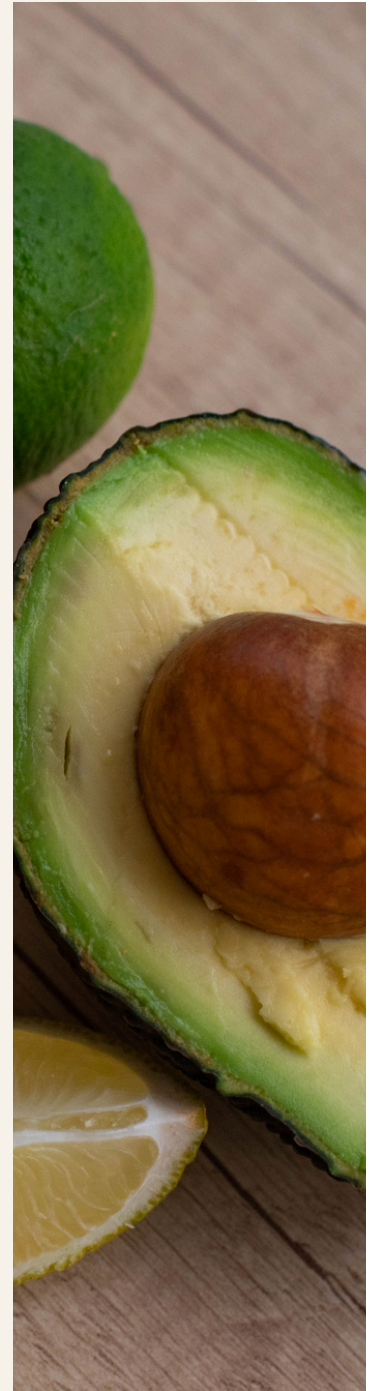
3. **Make a list of foods that you love and hate** e.g., I love pizza but it makes me fat.

Learn to link "pain" to the wrong words, the wrong food - that are keeping you away from your ideal weight. Your brain is going to take you away from them as its most important task is to move you always from pain towards pleasure

Link pleasure to good things.

Read the good words every day.

Stick it on
your
fridge !



Hypnosis session

In a hypnosis session we are going to focus on your attitude to food, and discover underlying root causes that attracts you towards different foods, and we define what kind of eater type you are - installing new beliefs, habits will help you to be able to this effortlessly. The **personalised recording** after the session will help you to cement in these new beliefs and habits.



Step 2: Change Your Words and Thoughts

It is the rule of the mind: whatever we tell ourselves, the brain accepts. For example, if we use phrases like "I'm starving," the brain takes it seriously and may trigger overeating. Your mind can be your best friend or your worst enemy, as the body responds directly to the words you use and the mental images you create.

Choose to achieve your ideal weight - making this choice signals to your brain that you're in control. Decide what truly matters to you. When you feel tempted, say out loud: "I could eat this, but I choose to be healthier, so I'm not eating it." As Marisa Peer says: "Restrict your eating instead of living".



Important tip to change your **thoughts**

4. Loss is unacceptable for the brain, we are wired to keep what we have, so weight loss is sending a message to the brain that we do not want to lose weight. **List words that have the same meaning as weight loss for you**, but are not associated with loss: e.g. weight management, weight control.
5. Accompany this with the word using **my**: my progress in weight control, my optimal weight. Notice when you use my with the wrong words or thoughts. Ask people around you to tell you when you say my with the non helpful words.



Step 3: Change your pictures

Our mental images are blueprints that shape our lives. Our subconscious mind is working toward those words, thoughts and images as it cannot differentiate “reality”.

I want you to start practising today. When your subconscious believes your metabolism works effectively, it will, as imagination often outperforms willpower, and emotion is more influential than logic when it comes to the mind. Your subconscious accepts what it visualises. If you've tried many diets without lasting results, your imagination may interpret this as proof that diets simply don't work for you.

Instead, see yourself at your ideal weight—this sends a clear signal to your brain and subconscious, helping to create new neural pathways. Visualisation encourages your body and mind to act. You may already see yourself as a non-ideal weight, so why not change this today and make it work for you?

Visualisation takes practice, but it's a skill we all use, whether it's in daily worries, finding a parked car, or in dreams. So, if you've ever done any of these, you can visualise—and it can be transformative.

Hypnosis session

We practice to imagine and describe your ideal self. We find out what eater type you are, so we can directly target it. In our session, we'll craft your ideal YOU, helping you transform how you see yourself and create the New YOU through specialised techniques. We'll practice visualising and describing your ideal self in detail. Together, we'll also identify your eating type so we can directly target and address it, tailoring our approach to meet your unique needs.





Important tip to change your pictures

6. Each evening, just before drifting off to sleep, **visualise yourself** as you aspire to be. How do you want to look? What will you be doing? What will you be wearing? How will it feel? Make this image vibrant, dynamic, and exciting—imagine it in vivid 3D detail. Engage all your senses: feel, hear, see, and experience your ideal self. Each day, you can add new details, making the vision even more compelling.

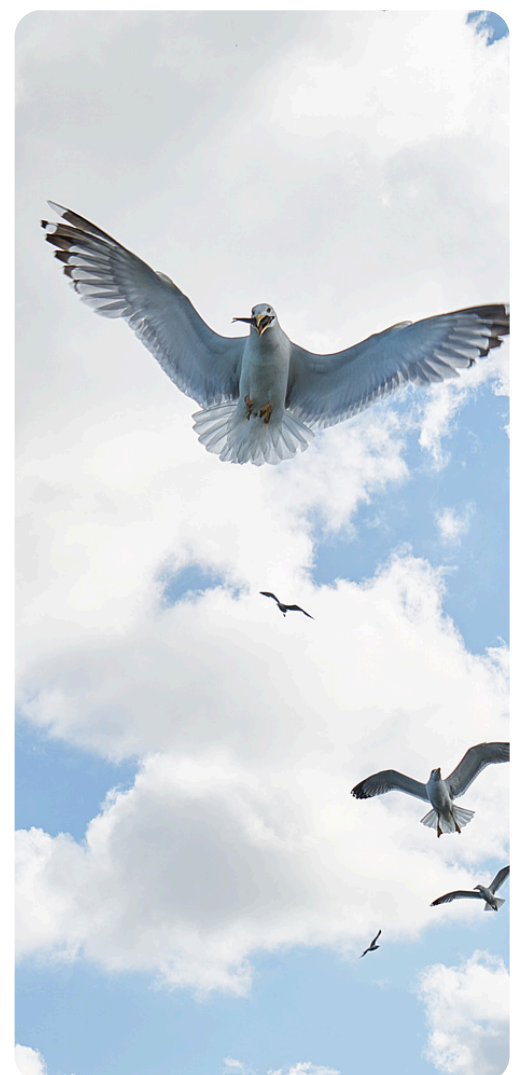
Then, **review your day**: which actions brought you closer to this ideal? Which didn't? Picture the unhelpful actions as a black-and-white photo, and discard them in an imaginary bin. Place the positive actions in a mental photo album, reinforcing what supports your goals.

Step 4: Change your Food

Breaking unhelpful eating patterns is essential for reaching your ideal weight, and with hypnosis sessions, this process will feel natural and supported.

You likely already know that some foods, like sugar, aren't beneficial in the long run. However, it's best to consult a dietitian who, along with your doctor, can offer personalised dietary guidance. In our hypnosis sessions, we'll focus on reducing cravings and guiding you towards healthier choices.

Through hypnosis, we'll tap into the resources you already possess, helping you manage cravings and naturally choose foods that support your wellbeing.



About Weight Management Protocol with Transforming Hypnosis

Hypnosis is a natural state; we enter a trance when driving on autopilot, watching TV, or drifting off to sleep. It is a resourceful state that enhances the effect of change work, helping you tap into your inner strengths to support transformation.

In hypnosis, **you remain fully in control**, allowing your subconscious to drive the changes, ensuring they are perfectly suited to you. Together, we'll make behavioural adjustments and build a powerful resource state, allowing the weight to drop naturally.*

This Protocol comprises four sessions designed to support sustainable weight management:

- Session 1: Transform unhelpful beliefs, install new beliefs
- Session 2: Build stellar self-confidence
- Session 3: Supporting physical changes by optimising and setting an appropriate metabolic rate
- Session 4: Supporting physical changes managing food cravings.

The order of the sessions is depending on the presenting state. The tools I am using are also personalised to fit You perfectly.

Read about hypnosis, about me, my methodology and pricing here:

www.transforminghypnotherapy.co.uk



Thank you!

It help you quit dieting for good, so you can live a happy, healthy life. Together, we'll create empowering beliefs and emotions that work for you, **enabling you to effortlessly maintain your ideal weight** and feel victorious over this challenge.

*In case you have an underlying condition, doctor's approval might be needed.

Summary and next steps

Contact me today and start it NOW. Decide it and do all those small actions that I listed in this eBook.

Here they are:

Write it down and question of what do you think about yourself when thinking about weight

Make a list of foods you like and ask: are the good for me?

Make a list of foods that you love and hate - link "pain" to the wrong words

Rephrase weight loss to something neutral, and call your journey this way from now on.


Rephrase: THE weight problem and MY Ideal weight and progress


Visualise yourself - see the New You close, with vivid, colourful images




*Can't wait to working with you.
Beata*

Contact me for a free discovery call and a consultation **today** so I can accompany you on your journey to your **Ideal Weight**.

 +44 7871 479599

 www.transforminghypnotherapy.co.uk

 contact@transforminghypnotherapy.co.uk

About me



Hi there! I'm Beata

Clinical Hypnotherapist and Clinical Psychologist. And a Bharata Natyam dancer.

Why work with me?

I use tools from various schools and sources to assure the best outcome



Clinical Psychology

I studied Clinical Psychology and Integrated Art-Dance Therapy, worked with vulnerable people (e.g autistic children) that gives me a robust knowledge-base



Hypnosis

I have always been drawn to therapies that give you instant result - and that is hypnotherapy. Hypnosis can give you visible results in hours, not years. I studied and will study n my whole life with world/famosus hypnotists.



NLP

Neuro Linguistic Programming is a beautiful tool, lots of little tiny tips & tricks that make our lives happier, brighter and easier.

Learn more about my methodology and **book a free consultation** here:

www.transforminghypnotherapy.co.uk

Or just pick up the phone and **call me today!**



www.transforminghypnotherapy.co.uk





Resources about food, exercise and hypnosis:

<https://www.nhs.uk/better-health/lose-weight/>

<https://nutritionsource.hsph.harvard.edu/physical-activity-research/>

<https://www.cdc.gov/healthy-weight-growth/about/index.html>

<https://www.niddk.nih.gov/health-information/weight-management-growth/about/index.html>

[Mike Mandel: Brainsoftware Podcast](#)

[Mike Mandel Brainsoftware Podcast Episode Nr. 134](#)

[Marisa Peer : UNLOCKING Your Weight Loss Potential](#)

