

May 9, 2009

Julia Anderson  
Mindoverall Hypnotherapy Centre  
101-1863 Oak Bay Ave.  
Victoria, BC  
V8R 1C6

Dear Julia,

At the beginning of this year I came to you (mostly out of desperation) for help changing my eating habits. I love potatoes in any form and also found it impossible to stay away from fast-food restaurants. You suggested that it takes a few sessions to deal successfully with eating habits so I purchased a block of 5 sessions.

I must admit that I was skeptical about how effective hypnosis could be. After 3 sessions I had noticed no difference. If I hadn't already paid for 5 sessions it's doubtful I would have come back for the 4<sup>th</sup> session. But, I am very glad I did!

During our 4<sup>th</sup> session you found and pushed the right buttons in my subconscious and it was like magic. My craving for things like french fries, & mounds of mashed potatoes has totally gone. And since that day in January I have driven by the fast food places that used to call my name without any desire to go back to my old habits. (MacDonalds & Wendy's have now lost my business forever)

Now I am free from these deep seated habits that were a major barrier to my desire for a healthier life style.

Thank you so much for the work you do.

  
Bob Nelson

237 Portsmouth Dr.  
Victoria, BC.  
V9C 1R8