



Train your mind and lose weight- The Ultimate free guide for you

This free guide is going to help you to re-gain your inborn ability to eat proper quantities.
Do you wonder why some women can stay slim?
How come that even if you want to stick to your healthy diet plan, you can't?



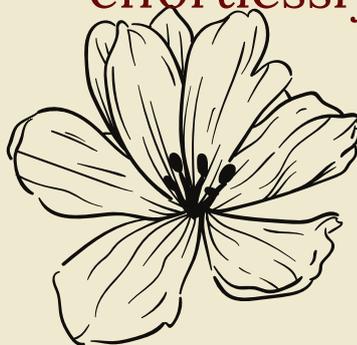
Who I am



My name is Tatiana and I am a certified RTT® Practitioner and Hypnotherapist, a certified NLP Practitioner. Ever since I can remember myself, I have great empathy for women who struggle to reach and maintain a healthy weight.

Especially now, at my lovely age of 57, I feel that we all deserve to look and feel good and sexy. Having a mum looking like a model always, at every age, being compared to my twin sister as the bigger one, has always kept me aware of my weight.

I totally believe that our thoughts and attitude towards food play a huge role on our actions and results. This free guide and guide self-relaxation hypnosis will help you re-program your mind to follow your healthy diet plan effortlessly.





This is for you if:

You have tried every single diet out there and the number on the scale keeps going higher

You can't stand looking at yourself in the mirror

You feel that the only thing that is giving you comfort is eating snacks

Even though you want to eat the right healthy food, something is pulling you back

You feel disappointed with yourself and demotivated





**SHED - A 4 step program that will help you
find your inborn ability to eat healthily**



S Search the past and your thoughts. What is making you want to eat more than what your body actually needs?



H Heal whatever wounds and beliefs were created from any incident or something you heard in the past



E Erase this negative belief that was created and is no longer serving you now. It is now out-dated.

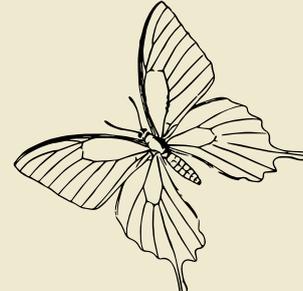


D Develop new beliefs and new thoughts that will give your subconscious mind the right feelings and thus the right actions





Search

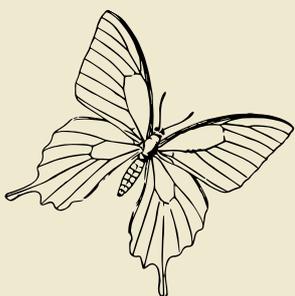


Search the past with RTT® . With this method, a skilled therapist can take you back and around different scenes in the past. Events that happened when you were a child, to which you gave the wrong meaning and created a belief. I will guide you through hypnosis, giving the right questions to which your own subconscious mind will find the answers. Your subconscious mind will go the scenes that have to do with the belief you created and which is driving you to the over-eating



Heal

Heal the wound. Once we find the scenes and the beliefs created, we start the healing procedure. This is where we help and explain that it was not your fault, and that the belief created by your mind then was to protect you. Your mind wants to protect you, this is its job. Hypnosis is really powerful, as the real healing can only be done this moment, while connecting to your child self.

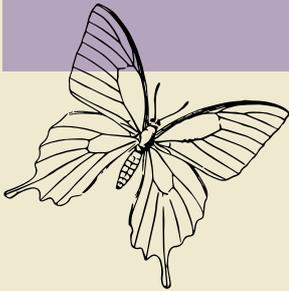




Erase



Erase the past event and feeling After healing, comes the strongest part of erasing. This is where we reverse everything, we negotiate and change everything, we give a different interpretation that will give the right feeling and forget the old one. Because it is not the event that matters, it is the meaning we give to it.



Develop



Erase the past event and feeling After healing, comes the strongest part of erasing. This is where we reverse everything, we negotiate and change everything, we give a different interpretation that will give the right feeling and forget the old one. Because as we said before, it is not the event that matters, it is the meaning we give to it.



Time for guided self-hypnosis

Please sit somewhere quietly where you won't be disturbed. Close any media notifications.

In continuing with this short guided self-hypnosis you hereby release Tatiana Shukuroglou Chrysostomou from any liability or claims that could be made against her concerning your mental and physical well-being

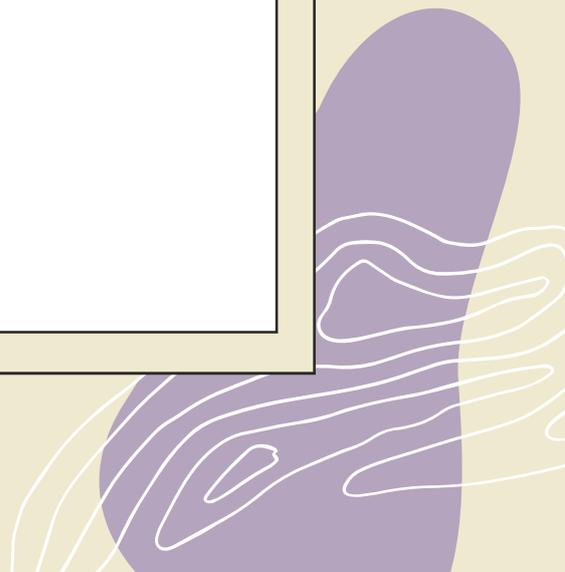
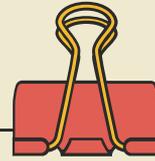
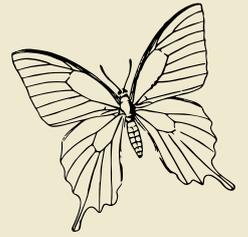
You understand that Tatiana Shukuroglou Chrysostomou is not a licensed physician or medical practitioner of any kind and that RTT/hypnosis should not be considered a replacement for the advice and/or services of a psychiatrist, psychologist, psychotherapist, or doctor.



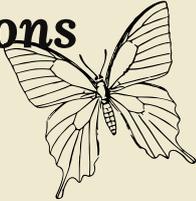
**Press here to listen to
the
guided relaxation
hypnosis**



Write down your findings here

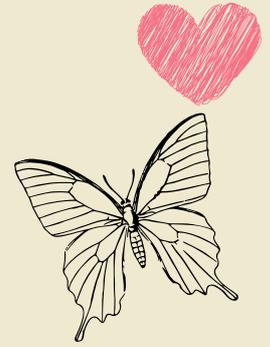


Let me help you with your new affirmations

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- I am so happy and grateful now that I am my ideal healthy weight of XXXX (say the number you are going to reach). I eat healthy food, I eat the right quantities, I am energetic. I know exactly what my body needs to maintain this great health and healthy weight of XXX (say the number you are going to reach) and this is only what I give it effortlessly, happily.
- I am becoming so indifferent to sweets and processed products. I love and respect my body and I give it natural goods. I love fresh fruit, and home made goodies.
- I am so in tune with my body. I listen to it and I always give it the right quantities and qualities, to remain slim and healthy.
- I feel happy and confident. I am in control of what I eat and I am enjoying following my healthy diet. I choose natural healthy products and I love it.
- I speak my emotions, I don't eat to hide them. I know what I want to feel happy and safe. And this is some great activities or conversations with my loved ones.
- I am so happy and grateful now for my strong healthy body, my positivity and healthy mindset. I choose the healthy way always now and forever!
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So, What's next?

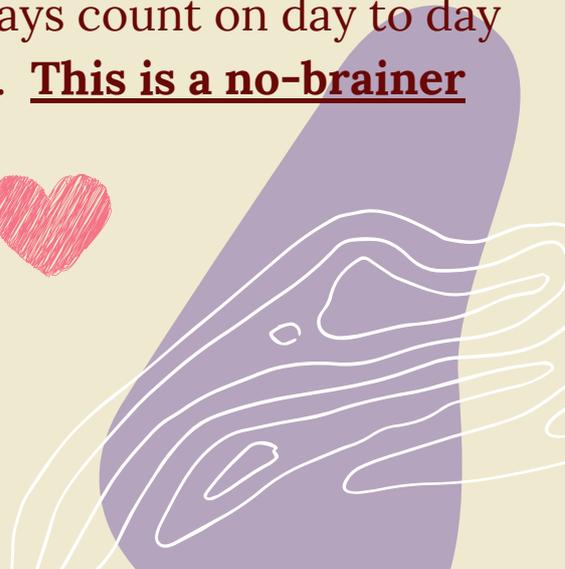


How many years of disappointment have you had with your weight control? How much money did you already pay for different methods, diet plans, supplements, and you are still at where you started? How much more will you be spending and still not feeling sure you are going to get the results you want?

And let's not forget the bad mood, the low self-esteem, the impact you might have on your physical and mental health, if you keep and maybe even increase the extra weight.

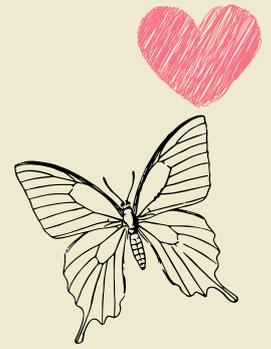
Imagine the difference in your life when you are finally at your ideal healthy weight. Wearing what you want, being in control of what you eat, feeling happy and confident, feeling energetic and wanting to go out with friends, out for excursions, and so much more!

Just think! Through this 12 week program, you are getting 2 personal RTT® sessions and 2 personal recordings, 12 group supportive calls, 3 special classes, and a powerful transformational 2 hour hypnosis for permanent positive results. Plus, you can always count on day to day support from me through private messages. **This is a no-brainer really!!!**





Do the right thing for you!



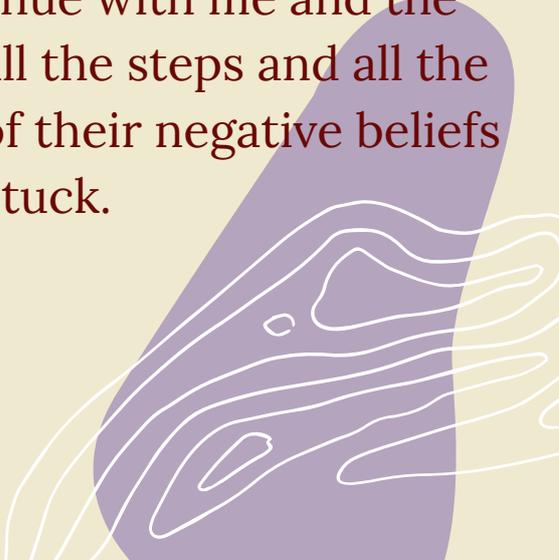
There are two steps from which you could choose.

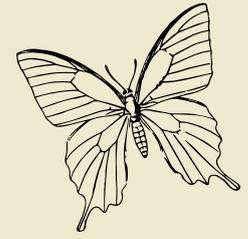
The first is to hold on to this material you just heard, do some research on RTT® and how great it works, may be follow the SHED steps on your own and see what the outcome will be.

Truth is that only a skilled therapist can help you search for the root cause. To help you go in and around the events and interpret what happened and how it created the negative belief. Only a skilled therapist can help you heal and erase them.

Yes, you can probably create a set of new positive beliefs and affirmations to listen to for 21 days, like I did some years back, but if you don't find the root cause, you will probably go back to where you started.

The second choice, if you are someone who has tried everything and almost given up, you can book a free 30 minute consultation video call with me, where we can talk through what has been going on with you, give you some suggestions on what strategy is good for you and then you decide whether to continue with me and the program. Remember, I have been through all the steps and all the feelings. I have helped other women let go of their negative beliefs which were holding them stuck.





 **I want the right thing for you!**

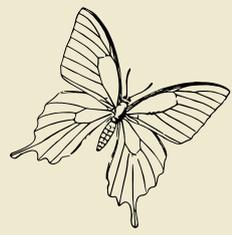
So, I really believe that we are all born with a perfect attitude towards food, we all know how much food our body actually needs to maintain a healthy ideal weight.

We all want to feel and look good. We all want to be safe and healthy.

I want you to regain this inborn attitude and programming.

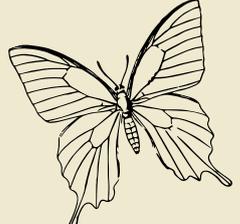
You can follow a normal healthy diet plan without feeling deprived and sorry for yourself. You can feel happy, confident and love your body all over again.

You deserve it, we all do.



Click here to book a free call with me.
Together we can do it!





Here is what some happy clients have to say!

Maria's testimonial:

I met Tatiana at a very difficult phase of my life. Her experience and character helped me become the person I am today! There are not enough words to say thank you.



Her calm voice and empathy helped me like no other therapists could have done all these years. Tatiana was able to get to the root of the problem, of what was holding me on to my eating habits, fast and easy. She helped me change my false programming, the false reasoning behind why I thought eating and keeping extra weight was doing me good. Her recording brought me back to my original one!!! I have noticed changes in me since day 1 and that is thrilling!!



Thank you Tatiana!!!!

Maria Greece

Rebecca's testimonial:



Through the hypnosis session I got to realize what had happened and why I decided that putting on weight and keeping it was a way of protecting myself.. Everything was very clear for me afterwards. This protection was obsolete, I didn't need it anymore.

Tatiana accompanied me very competently and helped me to dissolve old patterns and beliefs. A really professional, empathic therapist whom I can absolutely recommend.

Rebecca, Austria

