

# The Universe Within Us



Full Clinical Hypnotherapy CD Range Information is available via: [www.TheUniverseWithinUs.com](http://www.TheUniverseWithinUs.com)

Clinical Hypnotherapy & Hypnosis by Tina J Costello – NLP Masters, Adv Clinical Hypnotherapist, DTAS [www.TheUniverseWithinUs.com](http://www.TheUniverseWithinUs.com)

~ Exclusive NLP Clinical Hypnotherapy & Hypnosis CD Range of Exceptional Quality Ensuring Positive Results ~

## The Slimmer You® 'By Request' CD Pack

For a limited time only

**\$79.95** Plus P&H

### NLP Hypnotherapy Weight Loss System® mp3 BONUS PACK

In CD or mp3  
Format

Due to the overwhelming success of our complete **FULL 4 CD 'The Slimmer You' NLP Hypnotherapy Weight Loss System®** which includes **Gastric Lap Band Hypnosis Surgery, 2 full NLP Hypnotherapy Sessions, 'The Slimmer You' Weight Loss Affirmation CD®, 'The Slimmer You' 10 Minute Boost Break®** plus more, we were approached to release a **MINI System** to assist people who are watching their budget. Wanting to assist as many people as possible through their weight loss journey, we were happy to oblige. The most important consideration we had was that it had to be the same high standard as the complete **FULL 4 CD 'The Slimmer You' NLP Hypnotherapy Weight Loss System®**. **What better way to ensure this than to offer actual components from that System.**

You will find references to the Full System in **I Promise This Isn't a Diet Book®** but this fabulous **120 page book** was a must to include. In it you will **discover exactly how to eat more but STILL lose weight** and exactly which foods will do the hard work for you.

The successful process of **'The Slimmer You' NLP Hypnotherapy Weight Loss System®** is the same as the full System, the only difference being that the Mini System does not have the variety of CD Sessions to select from during the weight loss journey, and of course does not include the **Gastric Lap Band Hypnosis Surgery®** and **Pre-Surgery Sessions**.

The **68 minute CD** included in **'The Slimmer You' NLP Hypnotherapy Weight Loss System®** was selected for its versatility, as it is the one which was created to be listened to during the day. This means at the end of the CD Session you are not encouraged to fall asleep, but are brought back to full awareness

ready to continue with your day. Having said that, **the large majority of people still do fall asleep during this recording** anyway so we recommend you set an alarm to wake you up while playing it during the day. As mentioned in Track 1 - the **Introduction Session** - it really doesn't matter if you fall asleep during any of our Hypnotherapy Sessions as the recordings are not really for your conscious mind and as your subconscious mind never sleeps it will still hear the entire recording ensuring you still achieve your desired results.

The difference between hypnosis and hypnotherapy is hypnotherapy contains an actual 'therapy' component which must be presented by a qualified hypnotherapist; whereas hypnosis can be more general and quite often hypnosis material is created and sold by people with no formal qualifications. **NLP (Neuro Linguistic Programming) Hypnotherapy is the most advanced type of Hypnotherapy** and takes it further again; it requires a qualified and highly experienced practitioner to conduct the sessions. **NLP combines aspects of behavioural psychology, linguistics, hypnosis, modeling and common sense.** It takes into account how we connect with the world through our sensory experiences and how we store and recall these experiences through our minds and bodies. In simplistic terms, **it is about 'unlearning' and 'letting go'** of what we have previous learned which has become harmful to us and **replacing this behaviour with the desired results** using a series of proven techniques within the Hypnotherapy Session. **It helps us to think of things differently; but only think differently towards actions within our moral code.** For example, if you always have a biscuit with your coffee, your subconscious mind would relate coffee with biscuits. A skilled NLP



**Weight Loss Hypnosis** is from a US mp3 series purchased by us with the resale rights for the purpose of offering them as **FREE GIFTS**. This gift does **NOT** come with resale rights but must be offered by us 'as is' with the unfortunate occasional crackle, but the contents is very good. **LOSE WEIGHT Hypnosis** is another US acquired gift. This recording is **ONLY** included when you purchase **'The Slimmer You' NLP Hypnotherapy Weight Loss System®** in mp3 format which is delivered on a single CD containing the entire Pack.

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## The Slimmer You® 'By Request' CD Pack

### GUARANTEED!

Yes. **The Slimmer You**® comes with a money-back guarantee. If you use it **EVERY** day, and you see no change within 21 days, we will happily refund your purchase price. It takes 21 days for a new habit to be formed for life. Having said this, most clients notice real changes within only a few days. PLEASE DON'T stop the **21 Day Program** early. Our guarantee is based on your commitment to ensure this continuity throughout.

**WARNING:** The Slimmer You® NLP Hypnotherapy recording contains **SOFT** Brainwave Entrainment Tones to assist with the relaxation process. Do not listen to it if you suffer from epilepsy, fits or seizures, are photosensitive, pregnant, or under the influence of drugs or alcohol. **This CD can be ordered without these tones, by prior request.**

A full **EXCLUSIVE** CD range of **Clinical Hypnotherapy Session PACKS** (in CD & mp3 format) available include: **The Confident You** (3 CD's), **Self-Love ~ Self-Confidence ~ Sleep CD**, **The Slimmer You MINI System** or **FULL System** - which now includes **Gastric Lap Band Hypnosis Surgery** (4 CD System), **The Calmer You ~ Anxiety Disorders Pack** which includes **Meet & Defeat Anxiety Cognitive Behavioural Therapy Workbook**, **The Calmer You ~ Stress Relief Pack**, **I Now Choose to Live Smoke Free System** (4 CD's) & MORE! **Limited Worldwide Skype Private Clinical Hypnotherapy or Cognitive Behavioural Therapy Sessions** are available with **Tina J Costello**. Please email us to see if you qualify with **"Skype Sessions with Tina"** in the subject line.

### NLP Hypnotherapy Weight Loss System®

Hypnotherapist will disassociate those two activities so you would be able to have a cup of coffee without craving for a biscuit. This can also be taken a step further by changing your relationship to biscuits. This is one of several NLP techniques included in **'The Slimmer You' NLP Hypnotherapy Day/Night Session® CD** as you will change your association with foods which are causing you harm; in fact, change your relationship with food completely. The only weight loss programs which work are those which manage them **from the inside out**. **'The Slimmer You' NLP Hypnotherapy Day/Night Session® CD** will accomplish this & more. It is impossible to keep weight off when your internal system still sees you overweight.

Some aspects and outcomes include:

1. **Discover the real reasons you started to use food inappropriately and move through them;**
2. **Break your negative behavior patterns associated with food;**
3. **Regain control of your self-image and design the body shape you truly desire;**
4. **Overcome emotional eating;**
5. **Suffer no cravings or withdrawal symptoms;**
6. **Believe utterly, totally and completely that you will achieve your goal weight and remain there;**
7. **Create a strong association with The Slimmer You and evolve into that image;**
8. **You will NOT be going on a diet. Your body will just crave healthy food without you consciously knowing why and you will naturally look for new ways to burn off all this newly discovered energy;**
9. **Each time you listen to the recording these 'feelings' will become stronger and stronger. You will 'see' yourself**

**differently and your physical body shape will follow effortlessly;**

10. **You will GENUINLY look forward to your NLP Hypnotherapy Session each day as each session brings with it NEW experiences as your imagination takes you on different healing journeys. At the end of each session you will feel happy, proud, strong and EMPOWERED!**

You will be provided with a few small tools to help you on your way. When you purchase **'The Slimmer You' NLP Hypnotherapy Weight Loss System®** you will receive a little eBook called **Setting Yourself Up For Success** with your receipt to prepare prior to the arrival of your System. There will also be several folders on your CD containing some pdf pages to help you achieve success. These are the **Daily Accountability Planner®** and **Reminder** pages. It is part of the System to complete these two pages each day. One page all that is required is to tick a few boxes, while the other page only needs a few words or sentences. You will also discover a **Weekly Meal Planner**. Print out 3 pages of each to use during your 21 Day **'The Slimmer You' NLP Hypnotherapy Weight Loss System®** period and keep them in a safe place. They help keep you on track and even more motivated. Another folder on the CD contains a 50 page eBook of **Hypnosis & Hypnotherapy Explained by Tina J Costello**. It goes into more detail about what to expect during your Hypnotherapy Sessions than CD Track 1. It also helps you to explain the process with more confidence to your family and friends.

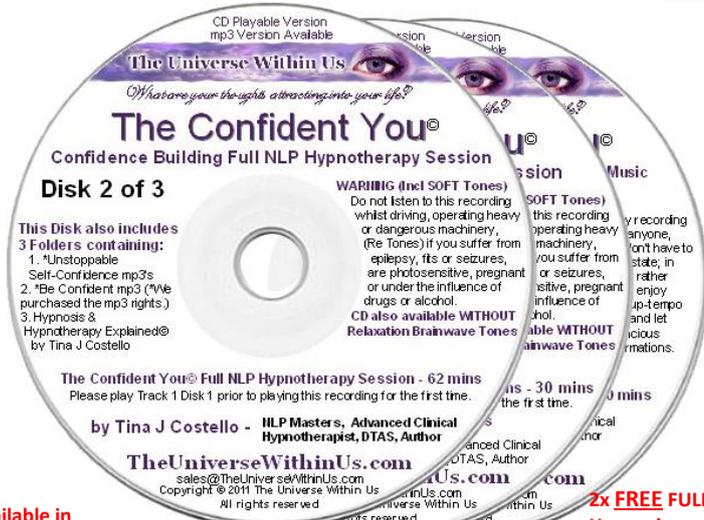
### POSTAGE

To keep the postage costs down your CD will leave here in a CD detailed printed paper sleeve, packed snugly in a strong Australia Post CD Mailer, and travel by Australian standard local mail (\$2.50) or internationally via Air Mail (AU\$5.50).

Available for purchase at: [www.TheUniverseWithinUs.com/The\\_Slimmer\\_You\\_Mini\\_Hypnotherapy\\_Weight\\_Loss\\_System.html](http://www.TheUniverseWithinUs.com/The_Slimmer_You_Mini_Hypnotherapy_Weight_Loss_System.html)

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Here are some other titles included in our **EXCLUSIVE** Clinical Hypnotherapy CD Range



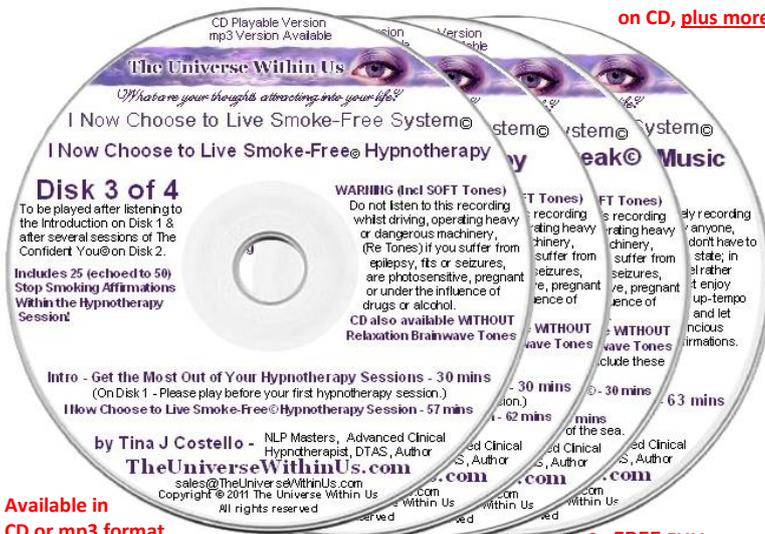
Available in CD or mp3 format

2x FREE FULL Hypnosis mp3's included in folder on CD, plus more!



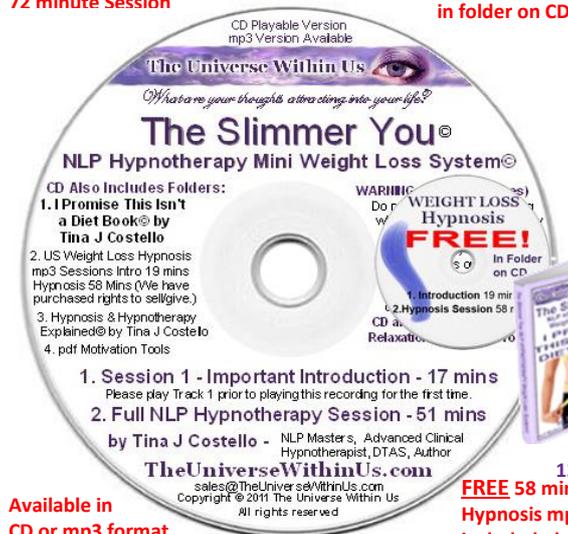
Available in CD or mp3 format 72 minute Session

Now includes FREE 44 min Hypnosis mp3 in folder on CD!



Available in CD or mp3 format

2x FREE FULL Hypnosis mp3's included in folder on CD, plus more!



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120 Pages! FREE 58 min Hypnosis mp3 included plus more!

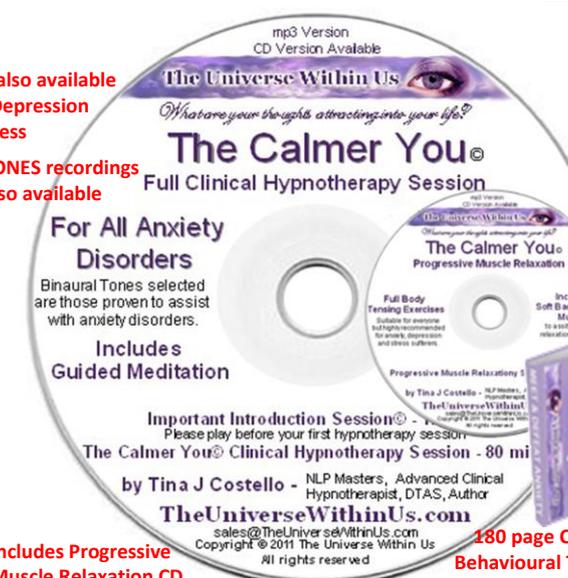


Available in CD or mp3 format

FREE Beethoven's Music Box

Sets also available for Depression & Stress

NO TONES recordings are also available



Includes Progressive Muscle Relaxation CD

180 page Cognitive Behavioural Therapy Self-Help Workbook

These quality Clinical Hypnotherapy CD's are usually reserved for Tina J Costello's private practice clients and will only be available to the general public at these special prices for **a limited time**. Other CD's in her range will be released soon. **Please check back regularly.** [www.TheUniverseWithinUs.com/The\\_Confident\\_You\\_3\\_CD\\_Hypnotherapy\\_Pack\\_Flyer.pdf](http://www.TheUniverseWithinUs.com/The_Confident_You_3_CD_Hypnotherapy_Pack_Flyer.pdf) [www.TheUniverseWithinUs.com/Self-Love\\_Self-Confidence\\_Sleep\\_Flyer.pdf](http://www.TheUniverseWithinUs.com/Self-Love_Self-Confidence_Sleep_Flyer.pdf) [www.TheUniverseWithinUs.com/I\\_Now\\_Chose\\_to\\_Live\\_Smoke-Free\\_System\\_Flyer.pdf](http://www.TheUniverseWithinUs.com/I_Now_Chose_to_Live_Smoke-Free_System_Flyer.pdf) [www.TheUniverseWithinUs.com/The\\_Slimmer\\_You\\_NLP\\_Hypnotherapy\\_Mini\\_Weight\\_Loss\\_Flyer.pdf](http://www.TheUniverseWithinUs.com/The_Slimmer_You_NLP_Hypnotherapy_Mini_Weight_Loss_Flyer.pdf) [www.TheUniverseWithinUs.com/The\\_Calmer\\_You\\_Anxiety\\_Flyer.pdf](http://www.TheUniverseWithinUs.com/The_Calmer_You_Anxiety_Flyer.pdf) [www.TheUniverseWithinUs.com/Classical\\_Baby\\_Sleeps\\_Flyer.pdf](http://www.TheUniverseWithinUs.com/Classical_Baby_Sleeps_Flyer.pdf)

For more Information please view the Flyers to share, go to the website below, or email us for special pricing updates – which can be available – with the name of the specific recording in the subject line. **Flyer 'Special Prices' are at time of printing and may change without notice.**