

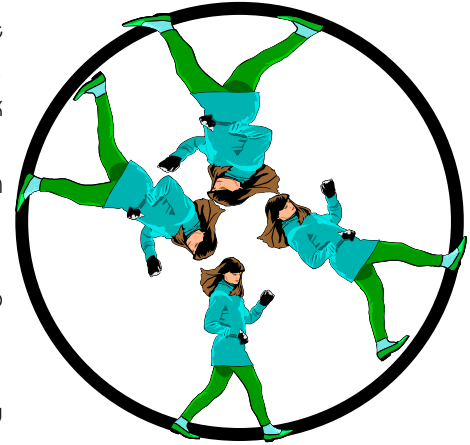


THE WEIGHT CYCLE

We often find ourselves going on regular weight-loss diets. We may lose weight, feel pleased with ourselves, and then resume our old eating habits. But before long, we may find the weight returns. And, so we may embark on another weight-loss diet. Over the years, we may have tried many diets. But it may seem as if we are just going around in circles, with the frustration of seeing our weight yo-yo up and down in the process.

It is time to find a better way to manage one's weight. And, we can do so by tapping into the powerhouse of our own minds.

1. **Keep a Diary:** Keep a record of the times you are eating, what you have eaten and your reasons why. You may find, for instance, that you eat out of boredom, stress or just to keep yourself warm, as well as for hunger.
2. **Find the Better Way:** For the times you are eating out of hunger, you can feel free to keep doing so. And, for the remaining times, you can find a better way. If you were eating when bored, for instance, it might be worthwhile joining a lending library or video store. It may also be worthwhile getting involved in social or community organisations. If you were eating when stressed, it might be worthwhile to exercise more. If you were eating when cold, it might be better to keep more jumpers or portable heaters handy. You may also find 20 minutes of exercise will leave you feeling warmer.
3. **Visualise the Better Way:** You are now ready to tap into the powerhouse of your own mind by engaging your senses. If you had previously eaten out of boredom, for example, you can imagine yourself visiting the library to find some interesting books, or ringing up a friend to organise an activity. If you had previously eaten when stressed, you can imagine yourself experimenting with various forms of exercise, until you find the one that feels right for you. You can then see yourself exercising, hear the sounds you would be hearing as well as noting the good feelings from spending time this way.



At the end of the day, you can look forward to settling into the right weight for you. So, what are you doing for a happier, healthier you in 2008 and beyond?

OUR MISSION

To provide a professional service, using best practices.

OUR MOTTO

- Be Proactive.
- Take Charge of Your Career.
- Look After Your Health.

Membership: \$55 per calendar year.
As membership grows, so too, do your benefits.

Applications for membership can be made by completing the reply slip on the back page of HQ™. Send it, along with your cheque, to the address shown below.

To ensure an uninterrupted subscription to HQ™ and CQ™, be sure to advise us of any changes to your contact details.

Your opinions are important to us. We invite your comments, feedback, and criticisms and etc. on this and future issues. Enquiries, or requests for further information can also be made to the address below.

REPLY SLIP AND REQUESTS FOR INFORMATION

- I would like to become a member of Rachel Abramson & Associates and get discounts off standard rates, receive calendar year subscriptions to CQ™ and HQ™, free entry to the SEMINARS OF THE FUTURE™ and PROFESSIONAL PRACTICE PROGRAM Seminars, as well as library borrowing privileges.
- I would like to book into the following SEMINARS OF THE FUTURE™ and PROFESSIONAL PRACTICE PROGRAM seminars.
 - 4th March PP21 Staffing the Practice: Recruitment, Interviewing and Selection
 - 5th March Career Stock Take
 - 6th March PP1 Setting Up Your Practice: What You Need to Know
 - 1st April PP22 Staffing the Practice: Motivating Your Staff
 - 2nd April PP41 Risk Management - Your Strategy, Your Brand
 - 3rd April PP2 Handling the Paperwork, including the GST
 - 1st May PP3 Processes and Procedures that Work
 - 6th May PP23 Staffing the Practice: What to do When There Are Difficulties
 - 7th May Fast Tracking Your Career
 - 3rd June PP24 Staffing the Practice: What to do When Someone Leaves
 - 4th June PP42 Risk Management - Externals: Political, Economical, Legal, Environmental Factors
 - 5th June PP4 Determine Your Price and Fee Setting
 - 1st July PP25 Going for Growth: Advanced Business Strategy
 - 2nd July Polishing Your Career Image
 - 3rd July PP5 Budgets and Cash Flows
 - 5th August PP26 Going for Growth: Advanced Cash Flow Management
 - 6th August PP43 Risk Management - Internals: Your People, Your Product, Operations, Financials
 - 7th August PP6 Marketing Your Practice: Your 'Product'
 - 2nd September PP27 Going for Growth: Advanced Marketing Strategies
 - 3rd September Resumes of the Future
 - 4th September PP7 Marketing Your Practice: Promotion Strategies that Work
 - 1st October PP44 Staying 'A-live' - Reinventing Your Business, Staying Ahead of the Pack
 - 2nd October PP8 Marketing Your Practice: Getting Your Image Right
 - 7th October PP28 Going for Growth: Staff Planning and Career Management
 - 4th November PP29 Going for Growth: Attracting External Sources of Capital for Growth
 - 5th November Marketing Yourself
 - 6th November PP9 Marketing Your Practice: Alternate Places for Your Product
 - 2nd December PP30 Going for Growth: Your Wealth Creation Plan
 - 3rd December PP45 Staying 'A-live' - Podcasting, Blogging and other Gen X'er 'Cool Stuff'
 - 4th December PP10 Marketing Your Practice: Databases for Your Practice

- I would like to order a copy of the Self Hypnosis audio tapes for:
 - anxiety management sleeping well
 - resolving problems and issues of concern stress management and relaxation

- I would like additional information about the:
 - CAREER DAYZ™ Program PROFESSIONAL PRACTICE PROGRAM Series
 - FIVE STEPS Program (to setting S.M.A.R.T. goals) Self Hypnosis audio tape series.
 - Hypnotically Overcoming Pain Program SEMINARS OF THE FUTURE™ Series
 - Making Self-Hypnosis and Self-Talk Work for You Stop Smoking Program
 - Managing Anxiety Program Stress Management Program
 - Weight Management Program

FEES: 1) 2008 Calendar Year Membership: \$55\$ _____
 2) Seminars: Non-members: \$22 each (\$55 if paying 'at the door')\$ _____
 3) Self Hypnosis audio tapes Members: \$30 each /Non-members: \$35 each
 Plus: \$5.50 audio tape postage and handling fee\$ _____

Note: All fees include 10% GST.

Name: _____

Address: _____ Postcode: _____

Phone: _____ (bh) _____ (ah) Fax: _____

e-mail: _____ web: _____