

February 8, 2005

To whom it may concern:

I am writing this letter in regards to the Dennis Parker Hypnotic system. I have been listening to his CD's now for about 4 months and have had excellent results in weight loss, better sleep at night and have gained a greater self-confidence through the program. I rotate between the weight loss and self confidence cd's each night.

First of all, I have lost more than 23 pounds during this time and have consistent urges to eat healthy and exercise because of the program. It's hard enough to lose weight, but changing your life style to include better foods and to more easily resist junk food is a real plus. In the program he teaches that the color white will give you strength and help you to remember what you want to accomplish. There have been numerous times where I have wanted or craved a snack food and just by saying the word "white", the craving was gone and I felt strengthened! I feel much healthier than I have in a long time!

Attending one of Dennis's seminars will give you a greater understanding of how the mind works and why we sometimes struggle in certain areas of our lives. I was able to learn to really relax- especially before bedtime and it has helped me to feel so much fresher in the morning and eager to start my day! I feel better about myself as a whole and know that my body and mind are refreshed each night by listening to the cd's. I am trying to share this program with people that I know and care about because it has really made a difference for me and I know it can help so many who struggle with weight loss, bad habits like smoking or drinking, sleep deprivation, low self esteem, depression or just plain low energy! Please take the challenge and let this program work for you!

Sincerely,

Wayne
Wayne Moon