

I was shopping at Walmart late one night I went to the candy aisle as I do every time I am in there and I walked over and got me a pack of 10 miniature candy bars. Every time I go shopping I get these and then on the way driving home I eat all 10 of them, it is like my little (big) treat for myself. I went through the entire store telling my how I shouldn't be eating them and having a battle in my head. Thanks to the weight loss CD I had been listening to. All the scripting kept going through my head about taking care of your body, etc.. I made it through my shopping trip and was up at the register to check out and I just couldn't do it. I had to leave them at the register and it has been at least 2 weeks since I have had a candy bar. I also go to the fridge always looking for something to eat and the thought scripted from the CD are you really hungry or are you feeling an emotional hunger with food, then I stop myself and get a drink of water instead and move on to something else besides eating. I find myself doing this at least several times a day. The CD is wonderful.

My husband has been drinking at least 4-8 soda pops a day since he was a teenager. He starts out his 4:30 a.m. day with a large Mountain Dew or Coke, it is a daily ritual for him that is followed by several more throughout the day. He very rarely drinks water and never drinks juice. I started playing the weight loss CD at night while he was sleeping. He didn't know what the CD was saying because he is always asleep before I turn it on. After a week or two of listening to it he started making the funniest comments to me, unaware of where they were coming from. First, he came home from work one night and told me that he was trying to cut back on soda pop and would like it if I would keep more juice in the house for him. Then another time we went out to eat and I was ahead of him in line at Subway and they asked what we wanted to drink and I ordered him a coke just like always and he came over quickly and asked me what I got him and then had the gentleman change his drink to lemonade. This went on for quite some time, we would go out to eat and he would actually ask for water to drink instead of a pop. But the second I stop playing the CD he is back on soda pop.

Cheri P.