

From: grafjrn@comcast.net  
Subject: **update**  
Date: November 17, 2008 10:06:10 PM EST  
To: bryan@PlymouthHypnosis.com

Dear Bryan

Thank you very much

just touching base since i am not seeing you this week

i have grown out of my size 16 slacks (to a 14)

i feel about 150% better than pre hypnosis

i would love to weigh myself but i refuse to till i am size 10 (i initially wanted size 12 but since i am doing so well i can **see** size 10 in my future)

i NO longer crave food, food, food and junk and inbetween food except for apples and celery with low fat cream cheese. i only eat when hungry

when i am stresssssssssssssssssed out at work everyone else is munching, I AM NOT

i love my change in eating, craving and living

i can actually see myself being thin again (i never thought that would happen)

since i am on vacation i am on elipitical every day and walking all through the casinos and still eating great.

you have changed my life and made me very healthy and added years to my life!

can i tell you i did not really realize how BIG i was till i started losing

Thank you again

Joanne J Graf