



# Plymouth Hypnosis Center

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At this point, 4 months into the program, I really feel confident that I will not only reach my goal, but remain there. I am making healthy choices about diet and exercise and feel so much better about myself. When I have tried to lose weight in the past it was much more difficult and it felt like a temporary experience. Now I feel that I am going to be a comfortable, thin person for the rest of my life!

Susan Teagley 4/8/08

Signature / DATE

Susan Teagley

Name (Please Print)

Berwyn, PA

City & State

Physician

Occupation