



# Binge Free Weight & Alcohol Control

SLIM, SOBER AND IN CONTROL

Hypnotherapy Package



# Introduction

**Welcome onboard your journey to a happier and healthier future binge free from alcohol and food with this intensive 6 week weight loss plan!**

Delve into the life-changing discovery of hypnotherapy and guided meditation to unlock your full potential. You will learn to manage stress without the desire to overeat food or escape through alcohol.

It's time to break free from the cycle of these unhealthy habits. Now's the moment to change your health and wellbeing before they become major problems.

Hypnotherapy uses a holistic approach with the aid of deep relaxation and de-stressing techniques - to help reset your mind and take control of your core objectives.

It will improve your relationship with food and alcohol boosting your positivity levels and resilience.

Follow this guide carefully to get the most out of each session listening to two sessions a day to achieve the best results.

When you reach the end of the 6 week plan - you can continue to use the sessions to help stay focused by repeating your favourite sessions. It's important you maintain a healthy state of mind for for long-term success with weight loss.

We understand that everyone's journey is unique. Remember you have the flexibility to tailor the program to your needs. Pick and choose sessions that resonate with you better - adapt this program adjusting the schedule to one that suits you.

Should you find yourself in need of guidance or any questions please **contact** our helpful customer service team.

You can reach out to us at **24/7 via email:**  
**[info@clearmindshypnotherapy.com](mailto:info@clearmindshypnotherapy.com)**.



# What's Included

There are **sixteen** specialised hypnotherapy sessions in this pack targeted at weight loss and alcohol control including four sleep edition sessions that play on a loop. Find six easy-listening guided meditations to use anytime day to keep you focused. Included in this pack:

## Hypnotherapy sessions

1. Binge Drinking Breakthrough Hypnotherapy
2. Reduce Alcohol at home Hypnotherapy
3. Sober Rebirth from Alcohol Addiction Hypnotherapy
4. Alcohol Aversion Hard Reset Hypnotherapy
5. Alcohol Mindset Reset Hypnotherapy
6. Navigate Stress without Alcohol Hypnotherapy
7. Binge Control Breakthrough Hypnotherapy
8. Release & Renew: Overcome Emotional Eating Hypnotherapy
9. Crave Control: Sugar Reset Hypnotherapy
10. End Binge Eating Hypnotherapy
11. Healing Your Food Relationship Hypnotherapy
12. Conquer the Binge Hypnotherapy

## Sleep Edition Hypnotherapy Sessions

1. Control Alcohol Consumption Sleep Edition Hypnotherapy
2. Healthy Weight Loss Sleep Edition Hypnotherapy
3. Reduce Sugar Consumption Sleep Edition Hypnotherapy
4. Stop Binge Eating Sleep Edition Hypnotherapy

## Guided Meditations

1. Sober Shield Resilience Guided Meditation
2. Stress Release Sober Mind Guided Meditation
3. Visualisation of Success Sober Edition Guided Meditation
4. Eating in the Moment: Free from Distractions Guided Meditation
5. Immersive Eating: Sensory Guided Meditation
6. Nourish with Appreciation Guided Meditation

# Getting Started

## Now You are Ready to Start Your Journey with Clear Minds!

Each session is designed to unlock and free your mind from the unwanted ties to food and alcohol. **Listen to max. two sessions a day.**

Use the guided meditations in the morning or at anytime in the day.  
Listen to hypnotherapy in the evenings or at night before going to bed.  
The sleep editions are designed to play on a loop allowing the messages to repeat in your mind so you gain ultimate control.

If you miss out a session - you can pick up the course where you left off and continue listening as normal.

Make sure you find a quiet and comfortable place to listen and minimise all distractions listening with earphones, headphones or AirPods.

At the same time you can practice these additional tips:

1. **Set achievable goals** - take it day by day without over-pressing yourself
2. **Stay active** - do gentle exercises to reinforce results and distract your mind
3. **Practice Relaxation** - techniques like meditation or listening to hypnotherapy
4. **Manage stress properly** - E.g. yoga, breathing techniques and mindfulness
5. **Surround yourself with support** - the Clear Minds Emotional Support group
6. **Eat healthy greens, veg and fruit** - minimise sugar, carbs and processed food
7. **Keep a journal** - track your thoughts and progress
8. **Control your emotions** - practice mind-body techniques with hypnotherapy
9. **Commend yourself** - take note of your achievements
10. **Be patient, be persistent** and keep practicing holistic approaches

**Now it's time to take the next step listening to the hypnotherapy sessions.  
So, sit back or lie down - RELAX and *hit play*!**

Let the hypnotherapist's words help you drift off and start you on your journey.

# WEEK 1

MONDAY

Visualisation of Success Sober Ed. Guided meditation  
+  
Binge Drinking Breakthrough Hypnotherapy

TUESDAY

Sober Shield Resilience Guided Meditation  
+  
Sober Rebirth from Alcohol Addiction Hyonotherapy

WEDNESDAY

Visualisation of Success Sober Ed. Guided meditation  
+  
Reduce Alcohol at home Hypnotherapy

THURSDAY

Binge Drinking Breakthrough Hypnotherapy  
+  
Control Alcohol Consumption Sleep Edition Hypnotherapy

FRIDAY

Sober Shield Resilience Guided Meditation  
+  
Reduce Alcohol at home Hypnotherapy

SATURDAY

Stress Release Sober Mind Guided Meditation  
+  
Alcohol Aversion Hard Reset Hypnotherapy

SUNDAY

Sober Rebirth from Alcohol Addiction Hyonotherapy  
+  
Control Alcohol Consumption Sleep Edition Hypnotherapy

# WEEK 2

MONDAY

Sober Shield Resilience Guided Meditation  
+  
Alcohol Aversion Hard Reset Hypnotherapy

TUESDAY

Stress Release Sober Mind Guided Meditation  
+  
Reduce Alcohol at home Hypnotherapy

WEDNESDAY

Navigate Stress without Alcohol Hypnotherapy  
+  
Control Alcohol Consumption Sleep Edition Hypnotherapy

THURSDAY

Visualisation of Success Sober Ed. Guided meditation  
+  
Alcohol Mindset Reset Hypnotherapy

FRIDAY

Stress Release Sober Mind Guided Meditation  
+  
Binge Drinking Breakthrough Hypnotherapy

SATURDAY

Alcohol Mindset Reset Hypnotherapy  
+  
Control Alcohol Consumption Sleep Edition Hypnotherapy

SUNDAY

Sober Shield Resilience Guided Meditation  
+  
Alcohol Aversion Hard Reset Hypnotherapy



# WEEK 3

MONDAY

Nourish with Appreciation Guided Meditation  
+  
Binge Control Breakthrough Hypnotherapy

TUESDAY

Immersive Eating: Sensory Guided Meditation  
+  
Stop Binge Eating Sleep Edition Hypnotherapy

WEDNESDAY

Nourish with Appreciation Guided Meditation  
+  
Binge Control Breakthrough Hypnotherapy

THURSDAY

Immersive Eating: Sensory Guided Meditation  
+  
Release & Renew: Overcome Emotional Eating Hypnotherapy

FRIDAY

Release & Renew: Overcome Emotional Eating Hypnotherapy  
+  
Emotional Eating Sleep Edition Hypnotherapy

SATURDAY

Nourish with Appreciation Guided Meditation  
+  
Crave Control: Sugar Reset Hypnotherapy

SUNDAY

Crave Control: Sugar Reset Hypnotherapy  
+  
Stop Binge Eating Sleep Edition Hypnotherapy



# WEEK 4

MONDAY

Immersive Eating: Sensory Guided Meditation  
+  
End Binge Eating Hypnotherapy

TUESDAY

Crave Control: Sugar Reset Hypnotherapy  
+  
Reduce Sugar Consumption Sleep Edition Hypnotherapy

WEDNESDAY

Eating in the Moment: Free from Distractions Guided Med  
+  
End Binge Eating Hypnotherapy

THURSDAY

Eating in the Moment: Free from Distractions Guided Med  
+  
Healing Your Food Relationship Hypnotherapy

FRIDAY

Healing Your Food Relationship Hypnotherapy  
+  
Emotional Eating Sleep Edition Hypnotherapy

SATURDAY

Nourish with Appreciation Guided Meditation  
+  
Conquer the Binge Hypnotherapy

SUNDAY

Eating in the Moment: Free from Distractions Guided Med  
+  
Stop Binge Eating Sleep Edition Hypnotherapy

# WEEK 5

MONDAY

Sober Shield Resilience Guided Meditation  
+  
Binge Drinking Breakthrough Hypnotherapy

TUESDAY

Reduce Alcohol at home Hypnotherapy  
+  
Control Alcohol Consumption Sleep Edition Hypnotherapy

WEDNESDAY

Visualisation of Success Sober Ed. Guided meditation  
+  
Alcohol Aversion Hard Reset Hypnotherapy

THURSDAY

Nourish with Appreciation Guided Meditation  
+  
Crave Control: Sugar Reset Hypnotherapy

FRIDAY

Healing Your Food Relationship Hypnotherapy  
+  
Stop Binge Eating Sleep Edition Hypnotherapy

SATURDAY

Eating in the Moment: Free from Distractions Guided Med  
+  
Conquer the Binge Hypnotherapy

SUNDAY

Stress Release Sober Mind Guided Meditation  
+  
Alcohol Mindset Reset Hypnotherapy

# WEEK 6

MONDAY

Visualisation of Success Sober Ed. Guided meditation  
+  
Alcohol Aversion Hard Reset Hypnotherapy

TUESDAY

Stress Release Sober Mind Guided Meditation  
+  
Reduce Alcohol at home Hypnotherapy

WEDNESDAY

Crave Control: Sugar Reset Hypnotherapy  
+  
Emotional Eating Sleep Edition Hypnotherapy

THURSDAY

Eating in the Moment: Free from Distractions Guided Med  
+  
Healing Your Food Relationship Hypnotherapy

FRIDAY

Binge Drinking Breakthrough Hypnotherapy  
+  
Control Alcohol Consumption Sleep Edition Hypnotherapy

SATURDAY

Sober Shield Resilience Guided Meditation  
+  
Sober Rebirth from Alcohol Addiction Hyonotherapy

SUNDAY

Nourish with Appreciation Guided Meditation  
+  
End Binge Eating Hypnotherapy



**Why not join our community**

and Emotional Support Group where you can meet people and share your experiences with over 80,000 members

Live chat with one of our agents and browse more hypnotherapy here:

**[www.clearminds.com](http://www.clearminds.com)**

**Facebook: @clearminds**

Contact us:

**info@clearmindshypnotherapy.com** or via Facebook Messenger or Instagram to get advice on your journey.

All the best,

*The Clear Mind Teams*





## Guide to listening to the hypnotherapy sessions

These guidelines will help you get the best from listening to the hypnotherapy sessions:

- Never use our sessions when driving, operating machinery or in danger should you fall asleep. Do not use hypnotherapy if you suffer from epilepsy.
- Do not consume caffeine or exercise for up to 2 or 3 hours before listening.
- Use the bathroom before relaxing to the session.
- You may fall asleep during the hypnotherapy session as they work on your subconscious mind. In other cases, you may just feel relaxed.
- It's preferable to listen to the hypnotherapy sessions in the evening or at night before bed as you will be more susceptible to the cues of relaxation. However, this may depend on your work schedule. In which case, whatever suits you best.
- Find a quiet and comfortable spot to lie down - like on the sofa or bed. You can also sit upright with your head supported if you prefer.  
Wear comfortable clothing - Choose loose-fitting and light clothing (nothing too tight or itchy!)
- You can meditate or practice breathing techniques a little if you need help relaxing beforehand.
- Check out the Clear Minds Hypnotherapy App to find additional help with both of these things. Make sure you have no distractions during the session- (e.g, kids are in bed, television and radio are off; windows are shut.) Switch your phone on flight mode or silent.
- Fully prepare yourself to avoid any disturbances before you get started listening to the session.
- Use headphones (earphones, headsets or AirPods) - for a better surround sound and listening experience. These will help minimise distractions from background noise.
- Try not to listen to more than two hypnotherapy sessions a day plus one guided meditation. Make sure you focus on one topic at a time. Repeat each session for a 7-10 consecutive days to get the best results. Unless, you are following instructions included in any of the bundle packs.
- Really listen & concentrate to the words at the beginning to help reach a state of hypnosis helped by the repetition of certain phrases and cues.
- Then, relax and let the session work on your subconscious thoughts.

Contact us: [info@clearmindshypnotherapy.com](mailto:info@clearmindshypnotherapy.com)

