



For People  
with ADHD

# Binge Free Weight & Alcohol Control

SLIM, SOBER AND IN CONTROL

## Hypnotherapy Package

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



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# Introduction

**Welcome onboard this journey to a happier and healthier future  
binge free from alcohol and food – managing symptoms of ADHD.**

Unlock your full potential with this life-changing hypnotherapy program to aid with Attention Deficit Hyperactivity Disorder. It's designed to free your mind, whilst eliminating the debilitating side effects and emotions caused by ADHD. Avoid the chaos of scattered thoughts, distractions and impulsive actions resulting in binge drinking and overeating habits.

Learn coping mechanisms and tactics to minimise stress.

Take time to reset and recapture your thoughts for healthier decision-making.

We use a holistic approach to hypnotherapy aided by deep relaxation and de-stressing techniques. This helps reset your mind taking control of your core objectives.

Follow this guide carefully to get the most out of each session.

Listen to one hypnotherapy session with one guided meditation a day to help you achieve the best results.

When you reach the end of the schedule – please continue to use the sessions to stay focused if you need to by repeating your favourite sessions. This helps you maintain a healthy state of mind for long-term success.

We understand that everyone's journey is unique.

You have the flexibility to tailor the program to your needs.

If you prefer to pick and choose sessions that resonate with your goals better, you can adapt this program and adjust the schedule whenever.

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

We are available to answer your queries **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 helping with ADHD Management and weight loss including a sleep edition session that plays on a loop. Also, find three guided meditations for easy-listening. See included in this pack:

## **Hypnotherapy sessions for ADHD**

1. ADHD Management Hypnotherapy
2. Breaking Free from Addiction ADHD Hypnotherapy
3. Calm and Collected ADHD Emotional Reset Hypnotherapy
4. Chaos to Clarity ADHD Life Reset Hypnotherapy
5. Melt to Sleep Quiet Mind ADHD Hypnotherapy
6. Limitless Mental Focus Hypnotherapy
7. Discipline & Time Management Hypnotherapy
8. Confidence & Self Esteem Hypnotherapy

## **Hypnotherapy sessions for Weight Loss**

1. Stop Binge Eating Hypnotherapy
2. Overcome Binge Eating Sugar and Sweet Snacks Hypnotherapy
3. Healthy Weight Loss Hypnotherapy
4. Conquer the Binge Hypnotherapy

## **Hypnotherapy sessions for Alcohol Control**

1. Control Alcohol Consumption Hypnotherapy
2. Take Control of Alcohol Part 2 Hypnotherapy
3. Stop Binge Drinking Hypnotherapy
4. Alcohol Aversion Hard Reset Hypnotherapy

## **Guided Meditations**

1. Inner Peace and Calm to Start Your Day Guided Meditation
2. Manifest Your Desired Lifestyle Guided Meditation
3. Nourish with Appreciation Guided Meditation
4. Visualisation of Success Sober Edition 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

Inner Peace and Calm to Start Your Day Meditation  
+  
ADHD Management Hypnotherapy

TUESDAY

Visualisation of Success Sober Edition Meditation  
+  
Calm and Collected ADHD Emotional Reset Hypnotherapy

WEDNESDAY

Nourish with Appreciation Guided Meditation  
+  
Control Alcohol Consumption Hypnotherapy

THURSDAY

Inner Peace and Calm to Start Your Day Meditation  
+  
Take Control of Alcohol Part 2 Hypnotherapy

FRIDAY

Visualisation of Success Sober Edition Meditation  
+  
Confidence & Self Esteem Hypnotherapy

SATURDAY

Nourish with Appreciation Guided Meditation  
+  
Melt to Sleep Quiet Mind ADHD Hypnotherapy

SUNDAY

Inner Peace and Calm to Start Your Day Meditation  
+  
Breaking Free from Addiction ADHD Hypnotherapy





## WEEK 2

MONDAY

Manifest Your Desired Lifestyle Guided Meditation  
+  
Chaos to Clarity ADHD Life Reset Hypnotherapy

TUESDAY

Visualisation of Success Sober Edition Meditation  
+  
Healthy Weight Loss Hypnotherapy

WEDNESDAY

Nourish with Appreciation Guided Meditation  
+  
Stop Binge Eating Hypnotherapy

THURSDAY

Manifest Your Desired Lifestyle Guided Meditation  
+  
ADHD Management Hypnotherapy

FRIDAY

Visualisation of Success Sober Edition Meditation  
+  
Limitless Mental Focus Hypnotherapy

SATURDAY

Nourish with Appreciation Guided Meditation  
+  
Alcohol Aversion Hard Reset Hypnotherapy

SUNDAY

Manifest Your Desired Lifestyle Guided Meditation  
+  
Melt to Sleep Quiet Mind ADHD Hypnotherapy



## WEEK 3

MONDAY

Inner Peace and Calm to Start Your Day Meditation  
+  
Calm and Collected ADHD Emotional Reset Hypnotherapy

TUESDAY

Visualisation of Success Sober Edition meditation  
+  
Stop Binge Drinking Hypnotherapy

WEDNESDAY

Manifest Your Desired Lifestyle Guided Meditation  
+  
Discipline & Time Management Hypnotherapy

THURSDAY

Nourish with Appreciation Guided Meditation  
+  
Breaking Free from Addiction ADHD Hypnotherapy

FRIDAY

Visualisation of Success Sober Edition meditation  
+  
Overcome Binge Eating Sugar and Sweet Snacks

SATURDAY

Nourish with Appreciation Guided Meditation  
+  
Conquer the Binge Hypnotherapy

SUNDAY

Manifest Your Desired Lifestyle Guided Meditation  
+  
Chaos to Clarity ADHD Life Reset Hypnotherapy



## WEEK 4

MONDAY

Inner Peace and Calm to Start Your Day Meditation  
+  
Control Alcohol Consumption Hypnotherapy

TUESDAY

Nourish with Appreciation Guided Meditation  
+  
Confidence & Self Esteem Hypnotherapy

WEDNESDAY

Visualisation of Success Sober Edition meditation  
+  
Stop Binge Drinking Hypnotherapy

THURSDAY

Manifest Your Desired Lifestyle Guided Meditation  
+  
Calm and Collected ADHD Emotional Reset Hypnotherapy

FRIDAY

Nourish with Appreciation Guided Meditation  
+  
Conquer the Binge Hypnotherapy

SATURDAY

Visualisation of Success Sober Edition meditation  
+  
Alcohol Aversion Hard Reset Hypnotherapy

SUNDAY

Inner Peace and Calm to Start Your Day Meditation  
+  
Melt to Sleep Quiet Mind ADHD 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)**

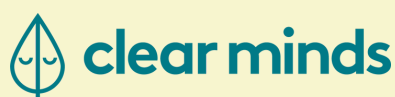
**Facebook: @clearminds**

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)**

