

The One & D.O.N.E. Weight Release Plan

Notice how this is different from everything else you have tried!



Session 01 Emotions – learn how to release emotional and mental weight with the One & D.O.N.E. Mantras

Session 02 Beliefs – change the beliefs that control your behaviors

Appendix 07 & 08 Food Lists and My Healthy Plan

Session 03 Behaviors – change broad behaviors relating to compulsive eating and drinking using the W.I.N.S. & S.T.O.P. Mantras

Session 04 Self-hypnosis – learn how to Eliminate specific un-wanted food and drink from your lifestyle and Enhance life-giving behaviors and characteristics

Session 05 Understanding Forgiveness

Session 06 Understanding Projection & Loving I Am Me!

One & D.O.N.E. Weight Release Technique Questions

- ✓ How can we make improvements to your Time Zones and Eating Zones?
- ✓ What works for your self-care, including movement, meditation, better food, and drink?
- ✓ When sensing portions and meals, how can you see food and drink realistically?
- ✓ What additional strategies are doable and improving for you?

With One & D.O.N.E. Weight Release, you will create a doable, repeatable, and improving 'My Healthy Plan' moment by moment, and day by day.

Daily Self-Care ♥ Meditation ♥ Movement ♥ Better Food ♥ On Time

One & D.O.N.E. Weight Release Success Group

Join our supportive community on Facebook, where participants and graduates of the One & D.O.N.E. Weight Release program can watch live teaching sessions, receive empathetic support, and connect with others on a similar journey. Because we all need self-care and community to thrive!