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

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

Session 01  One & D.O.N.E. 125 Question Assessment identifies your weight personality type, which indicates useful hypnosis scripts

Session 02  Emotions – learn how to release emotional and mental weight and use the One & D.O.N.E. Mantra

Session 03  Beliefs – change the beliefs that control your behaviors

Session 04  Behaviors – change broad behaviors relating to compulsive eating and drinking using the S.T.O.P. & S.L.O.W. Mantras

Session 05  Self-hypnosis – learn how to remove specific un-wanted food and drink from your lifestyle

Session 06  Understanding Forgiveness and Projection

One & D.O.N.E. Weight Release Technique Questions
✓ How can we make improvements to your Time Zones and any Eating Zones?
✓ What increments of time and time of day make sense for More Movement?
✓ When sensing portions and meals, how can you use the One & D.O.N.E., S.T.O.P. & S.L.O.W. strategies?
✓ What additional nutritional support and strategies are doable for you?

With One & D.O.N.E. Weight Release, you will create a doable ‘My Healthy Plan’, that is repeatable and improving, one moment at a time, day by day.

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

For a low monthly fee, participants and graduates of the One & D.O.N.E. Weight Release program attend a weekly 30-minute online session to receive group hypnosis, empathetic support, and an understanding community because we all need to eat & drink and exercise for physical survival!

© 2021 Higher Path Healing, Snohomish, Washington