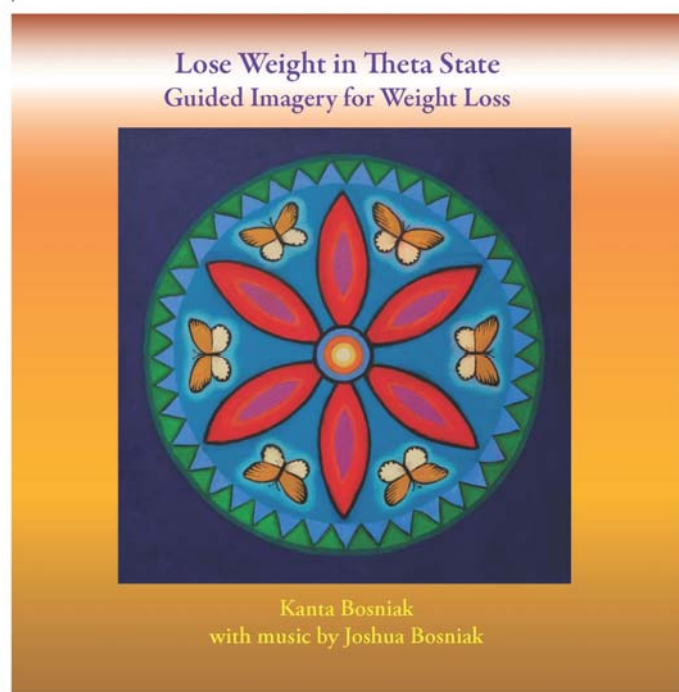


Lose Weight in Theta State CD Reviews



Trance-form your body! This Guided Imagery is designed to gently lead you into a medium “alpha” or even deeper “theta” state of relaxation, so that you may utilize your powerful Mind/Body connection. It will help you tap into your inner Healer, talk to your body, let go of old habits of thought and behavior, and anchor new ones that serve your health and happiness. Author, veteran hypnotist/coach and respected leader in the field of hypnosis, Kanta Bosniak has made the weight loss journey using the program she developed for herself and she expertly guides the way. Her gentle voice is complemented by the relaxing music of her son, Joshua Bosniak. Together, they will guide you into your own blissful center of peace, where you can make lasting and positive life change

easily and effectively. This CD offers the weight loss basics to help you get you launched and going strong. You may choose to use it by itself or as a complement to a personalized program with Kanta.

Kanta Bosniak has done it again with this wonderful guided imagery for weight loss. This program is specifically designed to assist listeners in transcending the kind of negative self-talk that can keep you overweight and unhealthy, replacing it with calming, positive affirmations encouraging you to move past your weight issues and into a healthier and more self-accepting you. Kanta’s warm and inviting voice and attention to the needs and sensitivities of her listeners will make this an important addition to anyone’s weight loss support system. You will be able to continue enjoying this program for occasional tune-ups and general support well after your weight goals have been reached, and it is an excellent gift for anyone who struggles with overweight issues. With Kanta’s guidance and the gentle music accompaniment provided by her very talented musician son Joshua, you will soon be rendered very relaxed and further on your way toward not only weight loss but increased self-acceptance and love.

- Polly Kahl, MA, LPC

So effective is Kanta Bosniak’s new CD for weight loss using guided imagery and her experience with hypnosis that took me a week of several tries to listen to the CD without going into a deep trance. In these days between the first listen and the last I found myself getting on the treadmill AND returning to a daily Yoga practice that I was letting slip away. Having now heard the CD consciously in its entirety I could hear the careful and clear choice of words. She skillfully guides the listener’s mind

with a positive, wholesome approach toward desired healthy changes. I will continue to listen to this CD as I am experiencing positive results and can see where it would be helpful to others and will add it to my repertoire of therapeutic modalities with my patients.

-Ann Shawhan, MSN, FNP

As a weight loss client of Kanta Bosniak, I'm happy and excited to now have the added benefit of her weight loss CD. With the support of her expert coaching, hypnosis and Guided Imagery, I have lightened my body by 30 pounds and dropped 3 sizes. I love my new look! I enjoy the compliments I'm receiving and I'm well on the way to achieving my weight loss goal. I'm using "Lose Weight in Theta State" to keep me relaxed and focused in between personal coaching and hypnosis sessions. When I hear Kanta's sweet and gentle voice, I feel good! I love the music by her son Joshua Bosniak, too. It blends together with her spoken word and leads me into a heavenly feeling that I really enjoy. I recommend this CD for anyone who wants to release weight in a healthy and natural way, from the inside-out, with no side effects other than happiness, self-confidence and increased energy!

-Jan Douglas, Quilt Designer (<http://jandouglasdesign.com>)

Kanta Bosniak's *Lose Weight in Theta State* is a powerful tool for curbing the tide of obesity and for dealing with the diabetic epidemic facing us today. Key to her work is the fact that Kanta knows this journey, and her authenticity is reflected in her natural tone, easy modulation, and comforting suggestions. Self-love is the key to any successful change, and Kanta's imagery abounds with suggestions for self-caring, self-worth, personal safety, forgiveness, and empowerment. Holding this process is beautiful, moving music created by Joshua Bosniak. The music creates a positive, light mood for the listener, supporting the hypnotic process and leaving the listener in a fully rested and relaxed state.

Kanta helps us deal with the pertinent issues of weight loss: body image, eating in new ways, seeing our ideal weight, the approval of others, the promise of increased energy, metabolism, and giving ourselves permission to let the weight go and to be as beautiful as we want. Finally, she provides two important connections for us – our connection to nature through her many beautiful suggested images and our connection to a spiritual presence to support and guide us with love and caring. "This is what I want, and I want it right now," is our call to action. With these words, we can make powerful choices for self-caring by taking time out for ourselves so that we chose health over obesity.

-Sharon E. King, MEd, CAS, LPC, Diplomate, American Academy of Experts in Traumatic Stress, Clinical Member, Psychotherapy and Medical Hypnosis Association