

WeightWorks

WEIGHT LOSS

Phase III of the WeightWorks program includes a wide selection of Success Therapy Sessions to help eliminate bad habits and re-form healthy eating patterns and behaviors. Please review the attached catalog and check those Success Therapy sessions which you would like to experience over the weeks ahead.

- ST01 - Safely Accelerate Your Weight Loss
- ST02 - Simple Steps for Self-Confidence & Weight Control
- ST03 - Eliminate the Loss-Gain Cycle
- ST04 - Producing Success One Thought at a Time
- ST05 - Sunrise Agreement
- ST06 - Create Your Weight Loss Support Team
- ST07 - Developing Positive Eating Patterns
- ST08 - Turn Up Your Fat Burning Thermostat
- ST09 - Monday Morning Motivation
- ST10 - Using Your Mind's Eye for Weight Loss Success
- ST11 - Stop Dieting & Start Living
- ST12 - Exercising is Energizing
- ST13 - Take Back Control of Your Appetite
- ST14 - Break the Chains that Keep You From Ultimate Health
- ST15 - Stay Fit through Healthy Eating Patterns
- ST16 - Extinguish Junk Food Cravings
- ST17 - Quick Tips to Lose Weight Even if You Eat Out Everyday
- ST18 - Eliminate the Traps Associated with Dieting
- ST19 - Visualize & Realize a Lifetime of Weight Loss Success
- ST20 - Making the Connection for Permanent Weight Loss
- ST21 - Eliminate the Desire for Sugar & Chocolate
- ST22 - Self Control & Radiant Health
- ST23 - Asking for What You Need & Getting What You Want
- ST24 - Choosing Habits that Keep You Naturally-Thin
- ST25 - Exercise, Your Key to Lasting Health & Vitality
- ST26 - Breezing through the Weekends Naturally Thin
- ST27 - Free Yourself From Over Weight Thinking
- ST28 - Make Exercise An Automatic Part of Your Life
- ST29 - Sugar Buster... How To Have Your Sweats & Lose Weight Too
- ST30 - Learning the 10 -1 Method for Giving Your Body What it Needs
- ST31 - Make Daily Activities Your Daily Motivation
- ST32 - Make Your Motivation to Exercise Sizzle
- ST33 - Building Your Self-Confidence & Self-Esteem
- ST34 - Unlocking Your Innate Intelligence to Rebuild Your Body
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- ST48 - Healthy Eating During the Holidays
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- ST50 - Giving Thanks & Staying Slim
- ST51 - Celebrating Parties & Picnics Guilt-Free
- ST52 - Keeping It Off with a Naturally Thin Mindset

ST01 - Safely Accelerate Your Weight Loss

In this powerful process, you'll learn to safely speed up weight loss by thinking, acting and responding like a naturally thin person. Your sense of worth will improve when you discover and use inner resources you never even knew you had. Sit back, relax, and discover how easy it is to turn your body into a fat-burning machine -- and keep the weight off forever!

ST02 - Simple Steps for Self-Confidence & Weight Control

When you learn these simple steps for self-confidence, you will unleash your creative mind, allowing your mind and body to work together for lasting weight loss. Dr. Patrick Porter will help you discover your own bright and compelling future -- a future where all your physical, mental and emotional goals have been reached. You'll awaken with complete confidence in your new, healthy behaviors, aware that your future is filled with infinite possibilities!

ST03 - Eliminate the Loss-Gain Cycle

End your yo-yo dieting cycle! With this motivational SMM process, you'll let go of the past, because the past no longer controls you. The present is your most powerful moment, and in the present you're free to make the choices that will help you realize and maintain your natural and ideal weight forever.

ST04 - Producing Success One Thought at a Time

Every day, thoughts move through your mind, many without your awareness. In this session, Dr. Patrick Porter helps you eliminate the negative thoughts, patterns and beliefs that have been keeping you from reaching your goals. As you release negative thoughts -- and excess weight -- you'll free yourself to enjoy more joy and success than you ever thought possible!

ST05 - Sunrise Agreement

As you experience this dynamic process by Dr. Patrick Porter, your old habits and new desires will communicate and create a contract for success. With this "Sunrise Agreement," you'll awaken knowing every day is a new day, given to you to create the changes you desire. Most of all, you'll experience every day with the power to use your mind and body to improve your life at the most powerful moment possible - now!

ST06 - Create Your Weight Loss Support Team

Support is an important the key to maintaining the results that will keep you naturally thin. With this visualization you will use the power of your mind to help you to build a caring and supportive team that will improve every relationship. With this type of attitude you will create all the support you need to reach your goals.

ST07 - Developing Positive Eating Patterns

Deep inside, your body knows what it needs to operate at its full, vibrant potential. With this session, you'll mentally journey back to a time when you enjoyed doing the best for your body. When you bring those skills back with you to the present, you'll find yourself more comfortable and confident each day, effortlessly eating the right foods at the right times. Above all, you'll know that appetite is of the mind, but hunger is of the body!

ST08 - Turn Up Your Fat Burning Thermostat

Use Creative Visualization to rehearse proven steps that will allow your body to convert naturally into a fat burning machine. These simple tips will help to increase your metabolic rate and show you how to keep your weight off.

ST09 - Monday Morning Motivation

In the past, Monday mornings have always seemed the ideal time to start changes in your life. The problem came when that Monday morning motivation faded throughout the week. With this inspiring process by Dr. Patrick Porter, you'll learn to recapture that beginning-of-the-week motivation and use it every day of the week. One day at a time, you'll know that every day, in every way, you're getting better and better at making the changes you desire.

ST10 - Using Your Mind's Eye for Weight Loss Success

Enter the theater of your mind and watch your own weight-loss success take place before your eyes. Success will follow you as naturally as your shadow when you solve the problems of your past with solutions you see in your present and future. Most of all, you'll awaken a feeling of success in you today, knowing that the accomplishments you see in your mind's eye will happen in your body naturally, one day at a time.

ST11 - Stop Dieting & Start Living

Your mind has a natural ability for removing mental obstacles to your weight loss. You will discover why appetite is of the mind and hunger is of the body. Returning to your natural weight is easy when you plan a lifetime of healthy thoughts and actions.

ST12 - Exercising is Energizing

Wouldn't you love to have fun exercising? With this process by Dr. Patrick Porter, you'll develop the thoughts and skills of a person who naturally loves to exercise. You'll use your creative mind to imagine, and then do, physical activities you enjoy. When you're in complete, optimistic control of your mind and body, you'll see excellence in the naturally-thin people around you and develop the same abilities in your own life.

ST13 - Take Back Control of Your Appetite

The average person gains up to four pounds a year. That's a 40 pound weight gain in ten short years! This process is developed to break this cycle. You will be visualizing success by overcome any poor eating habits and associated stress. You will discover why true happiness starts when you eat to live. And eliminate any thought of living to eat!

ST14 - Break the Chains that Keep You From Ultimate Health

Break the bonds of the past that keep you tied to foods and habits that no longer serve you. With this process, you'll find it easy to create a new reality where you are no longer imprisoned by negative thoughts, patterns or beliefs. Instead, Dr. Patrick Porter will help you open the treasure chest of your natural talents skills and abilities, and awaken yourself to the freedom of today. Best of all, these changes will feel as simple as a walk on the beach!

ST15 - Stay Fit through Healthy Eating Patterns

Your body image starts in your mind. Using your powerful subconscious mind you will unlock your unlimited potential! With this visualization you will eliminate the habits that caused you to gain weight and then choose the habits and behaviors you need to remain naturally thin for life. It's easy to stay on track when you forget about dieting and make simple lifestyle changes.

ST16 - Extinguish Junk Food Cravings

It's easy to relax and allow your mind to conquer the junk food habit. You'll visualize simple steps that end binge eating and transform your appetite so you'll crave the healthy foods that keep you thin. Imagine your joy when you feel confident at every meal. Using the power of your mind, you will take back control and leave your unhealthy eating patterns in the past.

ST17 - Quick Tips to Lose Weight Even if You Eat Out Everyday

Eating out can be a treat and a time saver. Someone else does the cooking and there are no dishes to do. Now you can extend that joy by making healthy choices -- even if your choice isn't on the menu. You will discover how to take back control of your health by taking control of your food choices. There's no reason you can't enjoy eating out with family and friends and still have a naturally thin body. It's simple when you plan success through the power of your other-than-conscious mind.

ST18 - Eliminate the Traps Associated with Dieting

Dieting traps can vary from Monday morning blues to Friday night fever -- traps almost every dieter has fallen prey to. Now discover how easy it is to avoid these dieting traps by using your creative mind to rehearse all your best intentions. Soon you will find yourself demonstrating the skills of a naturally thin person no matter the weather, your mood, or the day of the week. When you choose to become a conscious creator in your weight loss journey, success becomes as natural as breathing.

ST19 - Visualize & Realize a Lifetime of Weight Loss Success

No one wants to have to diet over and over again. This session will re-frame the old patterns that held you back in the past so you can lose your weight once and for all. You will make peace with your past, realizing that the past was a proving ground for the future. As you master the art of relaxation, you will instead visualize a lifetime of new behaviors that can be realized in a very effective, easy and fun way!

ST20 - Making the Connection for Permanent Weight Loss

You will use your mind to discover the secrets of naturally thin people and how to implement them in your life for permanent weight loss results. Once you know the truth, the dieting lie that chained you to overweight habits will melt away. With this connection, true health will be yours and negative thoughts about yourself will never again control you.

ST21 - Eliminate the Desire for Sugar & Chocolate

When you use your mind's natural abilities, eliminating your cravings for sweet, starchy and even fatty foods becomes completely painless. You will learn to focus on creating the desire for positive, life-giving foods that are fresh and alive. From this new mind set, you'll respond to foods with health in mind. You will explore the possibility that nothing taste as good as thin feels!

ST22 - Self Control & Radiant Health

When you learn to erase all doubt from your mind, it's easy to stay purposeful and on track with your health goals. Can you imagine how easy it would be to display discipline and confidence when it's enjoyable and fun? Well, that's exactly what Dr. Patrick Porter has done for you in this life-affirming session.

ST23 - Asking for What You Need & Getting What You Want

Do you know how to say no to people? Do you know how to ask for what your want? If you've had trouble communicating your needs and wants in the past, it will become easy and automatic for you to achieve your success using these exciting new communication skills. You will visualize yourself communicating with others with assertiveness and confidence. As you use the laboratory of your mind to create powerful, fulfilling relationships, you will get more out of life and have fun in the process.

ST24 - Choosing Habits that Keep You Naturally-Thin

Unleash the power of selective thinking and learn to choose the foods and activities that are healthiest for your body. Eliminate the need for the dead, devitalized foods of the past as you remember... "Its not for me, but for my body, that I eat healthy foods." You will build a lifestyle that will support you in staying naturally thin.

ST25 - Exercise, Your Key to Lasting Health & Vitality

With this visualization you will ignite your enthusiasm for health and exercise. You will mentally rehearse your active new lifestyle where exercise is fun and enjoyable. Imagine how good you will feel as you burn fat, build muscle, and sculpt the body you want. Warning... using this process may transform your body into a fat burning machine!

ST26 - Breezing through the Weekends Naturally Thin

With the average diet lasting only 72 hours -- it starts on Monday and ends before Thursday -- breezing through the weekends may seem like a tall order. But, now you can end the weekly weight loss roller coaster. This visualization is specially designed to keep your goals in high gear even on the weekend. Imagine the joy of starting the week with unlimited confidence!

ST27 - Free Yourself From Over Weight Thinking

As you develop your naturally thin mindset, it's important to unlock the gates of your mind and release the past. Once you develop this new way of thinking, you free yourself from fat-induced discomfort. Dr. Patrick Porter will help you build your new body image; you'll envision the future where you are healthy, confident, slim and attractive.

ST28 - Make Exercise An Automatic Part of Your Life

Studies show that people who learn to enjoy exercise are far more likely to maintain their weight loss. In this SMM session you will find powerful ways to boost your metabolism, which is your key to lasting energy. When exercise is automatic and fun you create a more active lifestyle.

ST29 - Sugar Buster... How To Have Your Sweats & Lose Weight Too

Even naturally thin people eat sweets from time to time. Now you can too, and without guilt or shame. In this SMM session, Dr. Patrick Porter will show you how you can occasionally eat sweets without derailing your weight loss by slowing down the insulin response and keeping your body in fat burning mode.

ST30 - Learning the 10 -1 Method for Giving Your Body What it Needs

In this process you will start to learn to master SMM on your own. Imagine having instant triggers to help you throughout the day to think and eat like a naturally thin person. That is exactly what Dr. Patrick Porter guides you to do with this deeply relaxing visualization.

ST31 - Make Daily Activities Your Daily Motivation

During this process you will close your eyes, sit back, relax, and visualize how your daily routines can turn into excitement as you mentally cleanse your mind and body and discover the true you. By knowing what you want and following through, even when you don't want to, you build the habits of a naturally thin person.

ST32 - Make Your Motivation to Exercise Sizzle

Exercise is fun when you feel motivated. Now you can get that edge with these creative tools that build your motivation and drive. While listening to this process you'll be guided to develop an effective and lasting exercise program. You'll be turning fat into lean body mass by using your mind to make exercise fun.

ST33 - Building Your Self-Confidence & Self-Esteem

If you've ever failed at dieting, you've lived the frustration and disappointment that follows. In this session, Dr. Porter will help you erase all that negativity for good. You'll then discover fun and creative ways to accentuate the positive and transform your thoughts, actions and beliefs into those of a healthy, happy and slim person.

ST34 - Unlocking Your Innate Intelligence to Rebuild Your Body

Get ready to unlock the power of choice as you use your body's innate intelligence to stop the war within you. In this process, Dr. Porter will show you the difference between power and force. When you make peace with your body, you don't have to force it to do anything. You'll then find it easy to ride the power wave of change that will make it easy to think and eat the way thin people do.

ST35 - Using Assertiveness In Weight Control

It's easy to say yes or no when you are steadfastly focused on your health goals. Dr. Porter will help you experience progressive relaxation while you plan your life as a naturally thin person. Understanding the hidden secrets behind the power words of yes and no will set you free from the emotional roller coaster of the lose/gain cycle. Rehearsing when and where to use these power words will help you achieve your weight loss and health goals for life.

ST36 - Finding the Exercise You Like & The Time To Do It

Without proper motivation, the other-than-conscious mind can choose destructive or limiting behaviors that may sabotage your weight loss goals. During this process, Dr. Patrick Porter will help you design a healthy environment where exercise fits into a busy lifestyle. Learn to create balance in your home and work life so you'll be thinking and acting like a thin person in no time.

ST37 - Accept and Love Your Body

We tend to give the most attention to those we care about most. Now is the time to give your body the loving care it needs and deserves. When you learn to build a positive relationship with yourself by loving and accepting your body, making good choices becomes easy. Plus, all of your relationships will improve. It all starts with your thoughts.

ST38 - Gaining Power Over Your Appetite

During this session, Dr. Porter will help you discover how appetite is of the mind and true hunger is of the body. You will learn to recognize the difference between appetite and hunger so you can make food choices from a place of self-empowerment. Soon you'll be eating only when you are truly hungry and automatically stopping when you are full. You'll experience the truth that power stems from choice, and you will choose to eat only what your body needs.

ST39 - Staying On Track With Your Transition To Thinness

Everyday you are bombarded with over 50,000 messages, each one prompting you to think or act in certain ways - no wonder staying focused can seem impossible! Dr. Porter will help you to get & stay focused on what's most important to you - your transition to a healthier, happier lifestyle.

ST40 - Eliminate Your Weight Loss Enemies for Good

During this visualization process, Dr. Porter will teach you to eliminate those old enemies that kept you trapped in the negative programming of the past. Whether it's food, family, friends, or your own self-talk, you will relax & allow your other-than-conscious mind to work out success on your terms.

ST41 - Plan a Healthy Home & Workplace

Now you can build the skills necessary for creating balance in your home, work, & personal life. These are the skills that will have you thinking & acting like a thin person for life. During this visualization, Dr. Patrick Porter will teach you proven ways to motivate yourself, to re-train the other-than-conscious mind, & to eliminate any destructive or limited behaviors that may otherwise sabotage your weight loss goals.

ST42 - SuperCharge Your Self-Image

Your self-image is the way you think about yourself & it directly affects the food choices you make. With this SMM program, you will learn powerful techniques that empower you to enjoy fresh & alive foods as much or more than the old junk foods of the past. You will learn to savor the flavors in fresh, natural foods. You will also learn to take pleasure in the energy that you derive from the foods that promote lasting weight-loss results. & along the way you will be building a healthy image of yourself.

ST43 - Eliminate Fear & Stay Naturally Thin

Dr. Porter will help you to eliminate fear-of-failure thinking, the primary factor in disappointing weight-loss results. Apply this powerful SMM process to program success at the deep other-than-conscious level of your mind. When you eliminate fear-of-failure thinking, keeping the weight off becomes effortless.

ST44 - Mental Toughness for Weight Management

During this SMM program, you will create a rock-solid attitude about being naturally thin & staying at your natural & ideal weight. This process mentally trains you to generate resources where & when you need them to accomplish your health goals. With so many forces seeming to work against you, you will come to realize that your needs are just as important as everyone else's.

ST45 - Increasing Self-Esteem & Optimism

Self-esteem is an inside job. In this session, you will learn to calm & steady your emotions simply by sitting back, relaxing, & enjoying the visualization sequence. You will create the habit of optimism, which will help you conquer fear, frustration, & anxiety while experiencing a peaceful mental vacation. With this overall feeling of wellbeing, you can easily accomplish your health & weight goals.

ST46 - Conquering Cravings for Sugar & Unhealthy Fats

Use this powerful guided visualization process to help you eliminate those old enemies that kept you trapped in the lose/gain cycle. Whether your cravings are related to stress, hormones, habit, or your own self-talk, relax & allow your other-than-conscious mind to work out success on your terms.

ST47 - Removing the Unwanted Appetite of the Past

Now you can harness the power of your mind to overcome any past programming. At the same time, you will learn to recognize true hunger, which is a different feeling from appetite. You will learn how to unlock the power of possibility thinking & feel the habits of a naturally thin person grow within you.

ST48 - Healthy Eating During the Holidays

Recapture the joy of the holidays. Why suffer or feel deprived when everyone else is having a good time? When you focus your mind on the positive experiences, & easily eat & think like a naturally thin person, your holidays will be a delightful experience once again.

ST49 - Put Your New Year's Resolutions on Overdrive

Tap into the limitless motivation of your other-than-conscious mind to stay on track, build unstoppable resolve, & accomplish your resolutions with ease. Watch the pounds disappear as your confidence builds & your life improves!

ST50 - Giving Thanks & Staying Slim

Did you know the average person gains four pounds over the holidays? That's forty pounds in ten short years! You will be using this SMM process to eliminate Thanksgiving guilt. To create healthy holidays, this process takes you step-by-step through the season, helping you overcome the poor eating habits & associated stress. Eat less & enjoy the holidays more - you can't beat that combination!

ST51 - Celebrating Parties & Picnics Guilt-Free

Why stress at parties while everyone else is having fun? Relax with this process & you'll soon find yourself enjoying good times with friends & family without the worry, deprivation, or guilt of the past.

ST52 - Keeping It Off with a Naturally Thin Mindset

Imagine your life after you find fun ways of focusing on yourself at your natural & healthy weight. Dr. Patrick Porter will help you discover how, by developing an awareness of who you truly are, it will be easy for you to eat, think, & respond as a naturally thin person. You will keep your focus on health, & your weight will take care of itself.