



MY PROMISE TO YOU

You've spent countless hours, months, and maybe even years trying to get the body you've always wanted. You've tried just about everything under the sun and you are tired of being misled by the "dieting" industry.

You've doubted that there really is something out there that will actually help you to resolve your weight problems once and for all and you have been wondering when you'll find it. That's over now. You have found what you have been looking for. The "solution" is now in your hands.

First of all, thank you for investing your time and money in the ***Zero Resistance Weight Release Solution***.

My promise to you is this: **YOU WON'T BE DISAPPOINTED!**

If you follow the simple steps outlined in this program, you will get rid of all the excess weight, move toward your ideal weight and turn off your "Fat Switch" *forever*. This means no more dieting and no more struggle with your weight.

This is a major turning point in your life – so let's get started!

The Zero Resistance Weight Release Solution contains the following files:

AUDIO FILES:

1. ZR PART 1 Instruction Audio
2. ZR PART 2 Instruction Audio
3. ZR PART 3 Instruction Audio
4. CORE CHANGE HYPNOSIS Audio
5. MORNING DAILY COMPOUNDING Audio
6. EVENING DAILY COMPOUNDING Audio
7. THE "S" FACTOR Audio

PDF FILES:

1. Action Sheets ZR 101, 102, 103, 104
2. "Everything You Always Wanted to Know About Hypnosis"

3. **Moving Outside the Box -SECRET OF EXERCISE MOTIVATION**
4. **ZR No Stress, No Worries CONSCIOUS EATING Strategy**

HOW TO USE THE ZERO RESISTANCE WEIGHT RELEASE SOLUTION

4 SIMPLE STEPS TO SUCESSS

Please read this CAREFULLY!

You will substantially reduce the effectiveness of the program if you listen to any of the audio files or read any of the written materials *before you are instructed to do so*. Everything is laid out in sequence for reason

Follow the instructions EXACTLY as outlined. Do not deviate, do not cheat, and do not get ahead of yourself. Just take it a step at a time and you will achieve the best possible results.

Step 1:

Listen to the **ZR PART 1 Audio Program**. Before using the **CORE CHANGE HYPNOSIS** it is important for you to have all the facts *so that you can be totally convinced* that you have **finally** found the secret to getting rid of all the excess weight, moving toward your ideal weight and living as a naturally, healthy, slender person for the rest of your life.

In **ZR PART 1** we will discuss the real *problem* behind weight “loss” and why diets don’t work. You will also learn how your *Subconscious Emotional Weight Survival Program* is the key to making permanent and lasting changes.

Step 2:

Listen to the **ZR PART 2 Audio Program**. **ZR PART 2** follows up on **ZR PART 1** by providing the *solution*.

Follow the simple steps outlined in the program and use the action sheets **ZR 101, 102, 103, 104**. I know you are tempted to open them now and take a peek. **DON’T DO IT!** Please wait until you are instructed on how to use them to achieve the best possible results.

Step 3:

Listen to the **ZR PART 3 Audio Program**. **ZR PART 3** introduces and explains how to use the **CORE CHANGE HYPNOSIS** and the **DAILY COMPOUNDING PROGRAM**.

The **CORE CHANGE HYPNOSIS** audio is where we get the “work” done. You will find it very powerful and very enjoyable. The length of the program is approximately 23 minutes.

Before using the **CORE CHANGE HYPNOSIS** read the PDF file: **“Everything You Always Wanted to Know About Hypnosis”**

After you have listened to the CORE CHANGE HYPNOSIS you can begin using the **DAILY COMPOUNDING PROGRAM**.

There are two **DAILY COMPOUNDING PROGRAMS**. One is designed to be used in the morning and the other in the evening. They are less than 10 minutes long so it will not take up much of your time to use them on a DAILY BASIS until you release all the excess weight you want and reach your ideal weight.

The **DAILY COMPOUNDING PROGRAM** is designed to insure **permanent and lasting success** and deepens the changes with every successive use.

Step 4:

1. Read: **Moving Outside the Box -SECRET OF EXERCISE MOTIVATION**
2. Read: **ZR No Stress, No Worries CONSCIOUS EATING Strategy**
3. Listen to: **“The S Factor”**.

How do I know this program will work for you? Because this is the *same* program I have used for myself to release 45 pounds of excess weight I put on over the past several years. It is also the same program I use for all my individual clients who pay me \$595 for ONE SESSION! So I KNOW it will work for you *if you follow the simple steps*.

This is your chance to *permanently* get rid of the excess weight *forever*. No more dieting and no more struggling with your weight. Your “Fat Switch” will be turned off and your Conscious and Subconscious will be at the point of ZERO RESISTANCE. This is where the fun begins. Enjoy!

To your success and happiness,

Dr. Robert Anthony

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