

OPI  
1030 E. El Camino Real, Ste. 322  
Sunnyvale, CA 94087



# Be Hypnotized – Live!

## Dream Body™ and Smoke Free Now™

**“You can be hypnotized to look,  
feel and perform your best. I guarantee  
it.”**

- John J. Farley, - The Fitness Hypnotist™

**Next Hypnosis Seminars  
with John J. Farley, M.A., Psy.D.**

**Where: Starlite Dance Club –  
Sunnyvale, CA**

**When: Sunday, January 13th**

**What: 1pm – 3pm Dream Body™ (Hypnosis)**

**What: 3:00pm – 5:00pm Smoke Free Now™ (Hypnosis)**

**BRING: Blanket or mat, sweater and pillow**

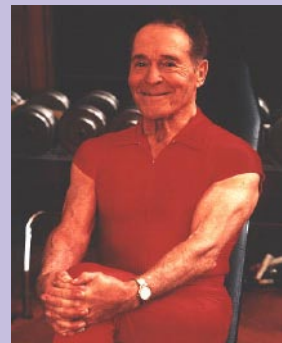
**From: \$59 each Or - Only \$47 now while seats last!**

☆ → **CALL: 408-200-7426 Ext. 1 for a free pre-recorded message**

Go to [www.FitnessHypnotist.com/starlite](http://www.FitnessHypnotist.com/starlite) Space VERY LIMITED. Enroll Now!  
Admission starting at ONLY \$47!!

**“If you want look better, if you want to feel better...listen to my  
friend, John Farley.”**

- The Godfather of Fitness – Jack Lalanne

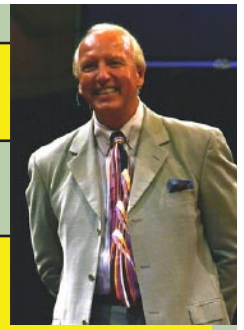


“If you want to have rip-roaringly good health, listen to... my friend, John Farley.”

– Mark Victor Hansen, co-author of *Chicken Soup for the Soul* and *The One Minute Millionaire*

“I would not hesitate to recommend you.”

– David Rockefeller - Billionaire



“I thank John Farley for having the courage to speak about how health, weight, and the power of the mind are interconnected.”

– Shary Wagreich, Chiropractor, NYC

“I have lost pounds and inches, plus I feel so much better for having used your program, thank you!”

– Gemma Denmark, Actress, NYC

“For the first time in years you wake up in the morning thrilled to start your day. After working with John Farley, you can’t wait to get through the door, out into the world, try out life with this new idea, this new tool, this new skill. You are ready.”

– Kristin Rudrud, Actress, *Fargo & Pleasantville*

“I think John’s non-threatening, enormously supportive and patient techniques are, in a quiet way, as effective as any I have seen. I recommend him with great pleasure and without any provisos to anyone like myself, totally non-motivated to exercise, or to even a sophisticated gymnast. One of John’s great gifts is that he always has a surprise in store for you. I’m never bored and always challenged.”  
(Reduced 20 lbs.)

– Stephen Rubin, President & Publisher, Doubleday

“...I am a much happier person. I believe John’s qualities are found only in truly exceptional people. I believe that such people deserve a great deal of respect. John is an extraordinary, genuine, sensitive human being....Thanks John!!” (Reduced 17 lbs.)

– Brain Kaplan, Ph.D.

“We both know that 50% of the weight loss battle is psychological - and this is an area that you clearly excel. If you can motivate a person to take a ‘no nonsense,’ head-on approach towards their program and make it their own, they will succeed. Attitude is everything! I have always been a believer in a full-out, 100% method as the true path to optimal health.”

– Steven C. Lischin, MS, CPT



**CALL: 408-200-7426 Ext. 1 for a free pre-recorded message**

“You and your program have remade me. Now I have to beat the chicks off with a stick!” (Reduced 25 lbs.)

– William Polf, Ph.D., New York City, (Native Californian)



“...everyone keeps telling me I’m looking very slinky.”

– Leslie Gesser, NYC

Register online at [www.FitnessHypnotist.com/starlite](http://www.FitnessHypnotist.com/starlite) Seats **VERY LIMITED.**

**Enroll Now!** Admission starting at **ONLY \$47!!**

“What you are teaching people is life changing.”

– Ben Sherwood former senior producer of NBC Nightly News with Tom Brokaw, and Best Selling Author of *The Man Who Ate the 747*

“I can’t believe the affect the tapes have on me the next day - it has to be a hypnotic kind of thing - somehow - I’m not even thinking about food, but at lunch I’m eating less and good stuff - fruit - salad - the thing is - it is not a struggle - I just make the right choices - amazing –“

– Marianne Tavani – New Jersey

**Oprah Magazine** “...hypnosis has been embraced by scientists. Those using hypnosis lost an average of nearly 15 pounds; those not using it, only six.”

- Oprah Magazine December 2006, p. 196.

---

**CALL: 408-200-7426 Ext. 1 for a free pre-recorded message**

---

**“John Farley is my secret weapon!”** (CEO, Linda Burzynski at the Liberty Weight Loss, LLC, National Convention)

“You are indeed a remarkable person! Thank you for your participation during our convention and for all you did to help me these past weeks. Your presentation was fun, informative, intriguing, and entertaining! You are terrific and all of us are still talking about it!

– Linda L. Burzynski, Chairman and CEO, Liberty Weight Loss, LLC

“Mind blowing and unbelievable!” “That’s what I would call my session with Dr. Farley. With the hectic schedule at job and home, I was eating constantly... just mindless eating, something here and something there. Food was just comfort I guess. Dr. Farley helped me visualize the ideal body and weight I want to be. Now the whole outlook for food has changed. I am eating healthy meals and making good choices. I am drinking a lot of water which I never did before. Can’t believe I learned how to make collard greens and Edamame beans! I am energetic and committed to do my best. Food is just fuel for the body now ! It is a great program, truly amazing!!”

– Pankaj

Follow up with Pankaj:

I know it is not even a month....but I weighed myself today and I released 8 pounds....

WOW!...Better yet , I am not hungry, not deprived and not punishing myself. I don’t know how many times i have said that but THANKS !!

---

**Register online at [www.FitnessHypnotist.com/starlite](http://www.FitnessHypnotist.com/starlite) Seats VERY LIMITED. Enroll Now! Admission starting at ONLY \$47!!**

“John Farley is a great speaker. His audiences love him because he is knowledgeable and most compassionate yet result oriented.”

“If you have vacillated with any issue,...you really will love John and his skills as a hypnotist.”

– Gordon Bell,  
Author of *Tell'em*, “*That’s my money you’re messing with*”

I have more energy now, at the end of the 9-hour day than when I started. That’s proof that what John has to say really makes sense, and I look forward to implementing his program.

– Brian McKenna - Santa Clara, CA

Hi, my name is Lindy Quinn and I was just listening to Dr. John Farley. I just took a 9-hour class - we feel revived, we feel rejuvenated. I’m here for weight loss management. Just being here has taught me different ways to lose weight, in a comfortable way, in a happy way. I feel positive about myself. He’s a very positive and motivated speaker. He got everyone excited...he hypnotized us various times to have us learn various techniques on eating and exercise. And I’d like to thank Dr. John Farley for just an excellent day. This day is going to carry on with me the rest of my life.

– Lindy Quinn - Santa Clara, CA

“When you experience my hypnosis seminar you will love it. You will wonder why you have not used this method – my method – a long time ago. If you want to attain new results you have to become the person who can and will do the actions it takes. Plus, you have to do the actions easily, automatically and even joyfully.”

- John J. Farley, M.A., Psy.D. Author, Speaker, Fitness Hypnotist™

“I stopped my emotional eating every day, by harnessing the power of my mind every night...and so can you.” “I feel completely refocused, in charge of my mind and my body...and in 8 weeks I have lost 28.5 pounds!”

– Patricia (Trish) Lukins

(update from Trish...she has now lost 80 lbs using SleepSlim in 9 months)

“When I first heard of Dream Body, I thought...not for someone who’s almost 60. But I’ve actually started to see a change. I changed the picture I have of myself. I think I’ve lost 15 pounds since I started the program. And people are starting to notice; they’re saying, ‘wow, Linda, you’re looking better.’”

– Linda Curtis – Santa Clara, CA

“I’ve lost 18 pounds.” “It gave me the motivation to say, ‘let’s get started.’”

– James Martin - CA

**CALL: 408-200-7426 Ext 1 for a free pre-recorded message**

Register online at [www.FitnessHypnotist.com/starlite](http://www.FitnessHypnotist.com/starlite) Seats **VERY LIMITED.**

**Enroll Now!** Admission starting at **ONLY \$47!!**

**CALL: 408-200-7426 Ext 1 for a free pre-recorded message**

“I’m doing GREAT!! In a super frame of mind. No craving, no grouch, no tears. Found myself singing all day. I am experiencing only flashes (split second) of a cigarette maybe 5-6 times a day. Seems to be at a moment when my mind and hands are not busy. Otherwise, I can work for hours and not think at all about it. When I do, I immediately celebrate the fact that I am a non-smoker and will be for ever, YEEesssss!!”

I am sure that your story of the farm has a lot to do with it. I remember feeling that I was going to be sick. Immediately after our session my friend and next door neighbor wanted to talk to me. I was still fuzzy, and when I say her husbands cigarettes on a table, I started crying and choking, and told my friend that she had to get rid of them.

Exclaimed that they were poison and then preceded to tell her about the bats, rats and filthy vats. John, I am looking forward to celebrating the new healthy, fit and smoke free me every day. I’ll keep in touch.

Thanks so much.”

– Donna G. Florida, USA

“I am doing well. I am seeing progress with just the one session. I have been able to stay away from most food in the evening if I have not been able to stay away I have had a strong craving for celery and I have had that. I also have been eating some type of smoothie for breakfast everyday and doing very well with it. I want to say I love your power walk I have been doing that... I will be giving myself Sunday off.”

– Donna N. Florida, USA

Register online at [www.FitnessHypnotist.com/starlite](http://www.FitnessHypnotist.com/starlite) Seats **VERY LIMITED.**  
**Enroll Now!** Admission starting at **ONLY \$47!!**

Enroll in the Hypnotic Weight Loss/Ideal Body Seminar and/or the Hypnotic Stop Smoking seminar. Admission to this event is very limited. Don’t wait! Enroll now online at [www.FitnessHypnotist.com/starlite](http://www.FitnessHypnotist.com/starlite)

**Grab the home version (SleepSlim®)** for your ultimate success when you register for the live hypnosis seminars.

★ *on-going success -*

*1-3pm*

The 2-Hour Dream Body™ Hypnotic Weight Management Seminar focuses on emotional (stress) eating. At the end of the program you will automatically eat the right foods at the right time more often. Your weight will begin to reflect your new habits.

Transform your entire health and body by also getting the home version when you register for the live seminar.

*3pm - 5pm*

The 2-Hour Smoke Free Now™ Hypnosis Seminar will transform you into a non-smoker for life. The success rate for smoking compared to drug or other therapy is much greater while also addressing underlying issues.

If you want to stop smoking, then you owe it to yourself to use a powerful and holistic approach – John J. Farley’s Smoke Free Now™ Hypnosis Seminar is your answer.

**Visit: [www.FitnessHypnotist.com/starlite](http://www.FitnessHypnotist.com/starlite)**

Space for this event is severely limited. Don't wait to register. **Visit the link now**, enroll and grab your copy of SleepSlim® while you are at it. You'll kick yourself if you miss these life enhancing seminars.

★ Register online at [www.FitnessHypnotist.com/starlite](http://www.FitnessHypnotist.com/starlite) Seats **VERY LIMITED**. ★  
**Enroll Now!** Admission starting at **ONLY \$47!!**

**WARNING:** The powerful hypnotic processes in the Dream Body™ and the Smoke Free Now™ seminars will create physical, mental and emotional changes within you. You will have a subtle or profound life changing experience.

Each attendee will experience significant life-enhancing improvements in their health, attitude, fitness, and emotional well-being. However, as with all methods, those with more challenging weight management issues would be wise to invest in the more comprehensive packages available to insure maximum progress in minimum time.

*Jump Start  
Your Year!*

**2008 New Year Seminar Series:**

\$47 (\$59 after January 3rd) **General Pricing** (Save \$12 by enrolling now or before January 3rd, 2008 while openings are available).

80 (or fewer) openings.

Includes admission to the 2 – hour premiere hypnotic experience for weight management and fitness success. Children 10 and up welcome when accompanied by parent!

*on going support!*

\$229 **Executive Pricing** (Save another \$15)

60 (or fewer) openings

**Featured Benefits:**

Experience John live and also receive the SleepSlim® at-home CD program.

Includes: Motivational CD's, Mental-Re-conditioning CD's, John's book Living Lean! in PDF, Power Walking MP3, Stealth Health Report, Reverse Aging I, II, Super Nutrition I, II, Stress Management and The 7 Secrets to Vitality – Live! \$244 value (Regularly \$297)

*Private with John included!*

\$499 **VIP Pricing** (Save another \$45)

**Featured Benefits:**

40 (or fewer) openings

All of the Executive program plus, 2 – 90 minute private, one-on-one hypnosis sessions over the phone with John Farley, M.A., Psy.D. - \$544 value

*A rare opportunity!*

\$1,579 **Diamond Pricing** (Save another \$165)

**Featured Benefits:**

15 (or fewer) openings

All of the VIP benefits, but instead of 2 private hypnosis session with John, you receive 10 one-on-one private tele-phone hypnosis sessions.

Add this!  
You will benefit

## Be Hypnotized by John Live – Over the Phone!

John J. Farley is an expert at phone hypnosis and is successful with people across the USA – hypnotizing them over the phone. Register now for this life changing tele-seminar.

\$517 12 - Tele-Hypnosis Seminars

– 90 minutes each – less than \$45 per hypnosis session.

★ Great value!

– Special Event –

**You Will Be Hypnotized Over the Phone to Achieve Your Dream Body.  
John hypnotizes his private clients over the phone for amazing results.**

Every Tuesday, January 15 – April 1st, 2008 at 5pm – 6:30pm PT (8pm – 9:30pm ET) Be slim and trim by Spring.

Recorded for your convenience!

John hypnotizes individuals and groups across the nation every week. Now you can experience the life changing hypnosis methods that will allow you to become slim and trim for life. Save \$2,483 off one on one sessions. Visit [www.FitnessHypnotist.com/starlite](http://www.FitnessHypnotist.com/starlite) for more information or

★ When you enroll in the 12-week live Hypnosis tele-seminar by December 15<sup>th</sup> you will receive SleepSlim® Free – a \$297 value as a FREE Christmas gift to you! Enroll by December 1st and also receive John's book Living Lean! autographed!

**CALL: 408-200-7426 Ext 1 for a free pre-recorded message**

**SleepSlim® Weight Management System contains:**

— At-home program!

- (Multiple) Motivational CD's
- (Multiple) Mental Re-conditioning CD's (proven imagery techniques)
- Mental Skills profile (online access)
- Success Journal – to record progress
- Living Lean (book in pdf format) – for additional information
- Vital Living - 5 - online audios (Reverse Aging, Super Nutrition & Stress Management)
- The Stealth Health Report – shocking health information
- PowerWalking – online audio
- 7 Secrets to Vitality - A live seminar

This system combined with in-person or tele-hypnosis sessions is a proven system for changing your body and health long-term.

**CALL: 408-200-7426 Ext 1 for a free pre-recorded message**

Before you join a gym or hire a trainer or consult with a nutritionist or start a diet, do the most important action you can take – **re-program your mind for success.**

Join John for an empowering and life changing event and series.

“I feel great but more importantly is the subtle changes I see in myself and others. By others I mean how I am being perceived. The changes are subtle but they are there and that is amazing.”

– Edna Barron – Business Owner, CA

## Hypnosis - Gift Certificates!

only 20  
available

Give the Gift of A Great 2008!

Why not let us show the dancer or golfer you know to concentrate and perform better?

How about developing more self-confidence and self-esteem or reducing your weight?

The recipient will receive two 90 minute sessions with John J. Farley over the phone or in-person. This is a very limited offer and can be discontinued at any time.

The Gift Certificate for two 90 minute sessions over the phone or in-person is only \$250 (save \$50).

Visit the website to purchase a gift certificate for someone you care about, maybe even yourself! Get a Gift Certificate for these areas and more:

- Business and Personal Success/Empowerment
- Dance/Sports Success
- Ideal Weight/Fitness
- Greater Confidence
- Stop Smoking
- Stress Management Easily

Go to [www.FitnessHypnotist.com](http://www.FitnessHypnotist.com) and click on **Seminars**


*Give this to H.R. or the president!*



### Corporate Seminars:

To discuss having John present weight management, sales, confidence or personal success seminars for your corporate team, contact us at 408-200-7426 and leave your name, company and contact information for a prompt return call.



- 
- Weight Management
  - Sales / Confidence
  - Comedy Hypnosis
  - Peak Performance

408-200-7426