

## **Hypnotist Launches The 6 Keys to Body Optimization Before Spring**

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MR Wright has launched a new book which helps the reader change their body before spring by adopting the 6 principles he teaches. David Wright told us "The most important component of lthe ultimate body and managing it is a change in lifestyle.Detroit, United States - February 17, 2017 /MarketersMedia/ -- Hypnotist David Wright has just released a follow up to his popular New Year's Resolution guide where it taught the reader how to keep and maintain promises they made to themselves. Now Mr. Wright has launched a new book in the series which helps the reader manage their weight for spring by adopting the 6 principles he teaches. David Wright said "The most important component of managing weight is a change in lifestyle. That does not only mean a change in physical behavior but more importantly a change in mental behaviors. We have spent time and our entire lives developing habits. It is vital that a person not only change physical habits but also the way one thinks". Mr Wright continued "Without changing the way a person thinks, they are doomed to continue the poor physical habits they have developed over time". The new book sets out to correct and educate this behavior away by using hypnosis and a degree of self belief. Mr Wright is an expert in this area and regularly coaches people one on one. He also involves himself in groups of like minded weight management participants with great results.

David Wright said "One of the most effective ways to change people's thinking is through hypnosis. Hypnosis is very successful when changing thinking and behaviors. I see clients every day who want to rid themselves of bad habits such as smoking, overeating, excess anxiety and to focus on more positive things like increased confidence, better work and sports performance and overall increased self-esteem"

The free book is currently available at Hypnotist David Wright's website

David R. Wright MA, LPC, NCC is a Certified Hypnotist, Licensed Professional Counselor and National Certified Counselor. He is the owner and Clinical Director of Counseling and Therapy Associates, an outpatient mental health clinic in Taylor, Michigan (a southern suburb of Detroit). He also performs hypnosis stage shows all over the country as the Motor City Hypnotist. Websites: [www.motorcityhypnotist.com](http://www.motorcityhypnotist.com)

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