

### **Professional Biography**

As a mental health counselor and a consultant, Edward Wilson is highly skilled in problem solving through psychotherapy, hypnotherapy, teaching, counseling and, most of all, through listening and understanding.

Mr. Wilson earned his Master's degree in Counseling Psychology and his Bachelor of Science in Psychology from the University of Houston where he graduated Cum Laude. As a member of two national honor societies and a published author, he is frequently sought after to speak to groups on personal growth and he has taught on the university level.

Edward Wilson has earned an honor that is earned by only the very few in his field. He has been awarded the highly respected CCMHC. The Certified Clinical Mental Health Counselor designation is granted by the National Board of Certified Counselors only after an extremely rigorous and stringent certification process.

Mr. Wilson is licensed by the state of Texas as a Licensed Professional Counselor. He trained in hypnotherapy with Associate Trainers in Clinical Hypnosis, a highly regarded training facility. He is certified by the National Guild of Hypnotists both as a hypnotherapist and as a trainer in hypnotherapy.

Edward Wilson currently has over 30 yrs. of clinical experience conducting and teaching hypnotherapy and has hypnotized more than 27,000 people, many of those in his large group seminars in cities all across the nation.

Mr. Wilson has experience both in business management and as a management consultant. He has been honored by being included in "Who's Who in the South & Southwest," "Who's Who of Emerging Leaders in America" and "Who's Who in the World."

EDWARD JOHN WILSON, M.ED., L.P.C.,  
C.H.T., C.C.M.H.C.

The Achievement & Success Center  
Counseling, Psychotherapy and Hypnosis  
2715 Bissonnet #301, Houston, TX 77005  
**713-524-6377 (Recorded Information Line)**



## **THE WILSON METHOD EMPOWERMENT HYPNOSIS<sup>©</sup>**

**Now Available Privately and in  
Small Groups**

### **Private Sessions**

The fee for my 90 minute private hypnosis session for either smoking cessation or weight loss is \$175.00 per session.

I have found that many people only need two or three hypnosis sessions to help them break their lifelong addiction to cigarettes or to food.

In your private hypnosis session I will record the actual hypnosis and give you the recording to use for reinforcement as part of your hypnotherapy program. You have a choice of either Audio CD or Cassette Tape, whichever you prefer.

I encourage my weight loss clients to use the recording regularly for sixty to ninety days or more to help them change their lifetime responses to food.

However, many of my former smokers discover they don't even need the recording at all but simply find it comforting to know that they have it in case they might want it in the future.

### **Small Group Sessions**

The fee for small group sessions of 2 1/2 hours is \$60.00 per person. You can get a small group together either at my office or at some other location you choose. I need for you to have a minimum of 5 guaranteed participants to do a small group for you. If you secure 10 participants or more, there is a discount from the regular \$60.00 fee.

## **LOSE WEIGHT QUIT SMOKING**

with

**THE WILSON METHOD  
EMPOWERMENT  
HYPNOSIS<sup>©</sup>**



EDWARD JOHN WILSON,

**"Helping  
You Achieve  
Your  
Goals  
Through  
the  
Power  
of the  
Mind"**

### **Breakthrough Hypnosis Now Available Privately and in Small Groups**

Yes, this is the very same breakthrough hypnosis that I have used to help so many thousands and thousands all across the nation. This powerful, life changing hypnosis was formerly available only in my large group seminars. Now, for those who want the increased level of power and effectiveness possible in private, individual sessions and in small groups, I am making it available in these more personal settings.

# LOSE WEIGHT QUIT SMOKING

- ☑ WITHOUT DIETS
- ☑ WITHOUT ANXIETY
- ☑ WITHOUT WILLPOWER
- ☑ WITHOUT WITHDRAWAL

with: "The Wilson Method;" *The Life-Changing Hypnosis Program That Has Helped So Many Thousands In Cities All Across The Nation*

## **Hypnosis Is One of the Most Popular, Most Effective, Inexpensive and Proven Methods To Quit Smoking and End Over-Eating Today**

Tens of thousands of former smokers and over-eaters say hypnosis is the best method of reaching your goals because it is quick and simple.



Edward John Wilson  
MEd, LPC, CHt, CCMHC

It doesn't matter how addicted you are, how much you really enjoy sweets and fattening foods, how heavy, long term or chronic a smoker you are, or even if you chew tobacco. With my safe, enjoyable method of power hypnosis, your craving for tobacco, sweets and fattening foods can be

totally eliminated.

### **IMAGINE EXPERIENCING THESE BENEFITS**

- ☑ No more starvation diets, able to eat less without struggle and without feeling deprived.
- ☑ No more smoker's cough, able to breathe easily.
- ☑ No more guilt, greatly increased self esteem.
- ☑ Reduce/eliminate the desire to smoke or overeat.
- ☑ Being able to be around old friends and other smokers without craving cigarettes yourself.
- ☑ Enjoying eating with family & friends without struggling with those old cravings.
- ☑ Giving your family peace of mind by quitting the cigarettes and getting that weight off.

### **This Breakthrough Hypnosis Puts You In Charge**

My miracle making hypnosis works by helping you learn to harness the power of your own subconscious mind, the most powerful force in the universe.

You already know that most of us only use 5% to 10% of our minds. That 5% to 10% is the conscious mind. The rest of our mind is subconscious and instead

of us controlling it, as you already know, it controls us.

With my new, modern style of participatory hypnosis, you are always in control. By learning how to use the power of hypnosis to control your own subconscious mind, you learn to be in control of your own cravings; for sweets, fattening foods, for tobacco.

### **Lose Weight Forever**

My powerful "Wilson Method" hypnosis can help you eliminate the urge to raid the refrigerator late at night! You can lose those cravings for that last piece of cake or that last handful of fries. You may even find that you don't have to hit that drive-thru for a snack while driving.

And you don't have to use willpower. In the hypnosis, I give you four powerful hypnotic tools you can use to totally eliminate the craving for any specific food. Plus, I give you the most potent method known to help you direct your subconscious mind in reshaping your body to make your body look *exactly* the way you want it to look. And, I help you to make it easy to start getting the exercise you know that you need.

### **Attention Smokers!**

You may congratulate yourself on taking this step to change the rest of your life. My hypnosis helps free you from that awful addiction to nicotine because my hypnosis doesn't require you to use willpower.

My hypnosis works by helping you break the associations your subconscious mind has between cigarettes and the many activities in your life, such as: drinking coffee, in the car, on the telephone, in the bathroom or after meals.

### **But What If I Don't Think I Can Be Hypnotized?**

Hypnosis is a natural, normal ability that everyone has. Every time you get "lost in thought," watch an engaging movie or TV program, or drive a familiar route, you go into the normal, everyday form of hypnosis that everyone does.

I help you take your own natural ability to go into this, natural, normal, everyday form of hypnosis and learn to increase it *significantly!* That puts you in charge and makes you the boss, instead of allowing your subconscious mind to

continue running your life and continue keeping you addicted.

### **Is Hypnosis Safe?**

Yes, of course hypnosis is safe. Hypnosis has never been known to be harmful to anyone, at anytime, ever. This is because the subconscious mind maintains certain "safeguards" that protect you from accepting any hypnotic suggestions that might be damaging.

### **Are There Other Uses For Hypnosis?**

Hypnosis is highly effective in achieving any goal that can be achieved through the power of the mind.

Some of the more common uses of hypnosis include helping people to: deal with issues of shame, guilt shyness and self-consciousness, recover from depression, sleep normally, increase low energy level, emotionally heal from broken relationships, develop greater self-confidence, motivation, self-esteem & prosperity, increase memory & concentration, reduce stress, treat phobias, panic attacks & sexual problems, and even pain control & surgical anesthesia.

And marvelously enough, many find that the various hypnotic suggestions I give for reducing stress and increasing motivation and self-esteem affect them very, very positively in many other areas of their lives.

### **Does Hypnosis Work Equally Well For Everyone?**

Obviously, the answer to this question is no, of course not. More importantly though, hypnosis is now recognized as the most powerful method for achieving these types of goals as was recently reported on one of the major television networks.

### **How Much Does It Cost?**

This is the most affordable way to find out if this powerful hypnosis can be helpful for you. Private sessions for either weight loss or smoking cessation are \$125.00 per session. Small group sessions are \$60.00. See other side of brochure for details.