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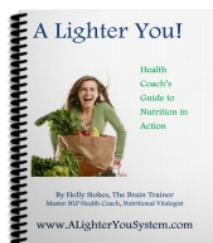
Books & Audios by Holly Stokes

Group purchase rates are available for books and audios. Onsite seminars and workshops are also available. Call for details.



A Lighter You! Train your Brain to Slim your Body: How to Stop Dieting and Enjoy Lasting Weight Loss Success

This is a how to guide for changing habits, cravings, mental blocks and self sabotage through mental strategies and techniques to effectively update old mental programs and create positive healthy patterns needed for healthy living. On-site group classes available for business groups. *207 pages.* Available on Amazon. *6 week healthy lifestyle class available for groups.*



A Lighter You! Health Coach's Guide to Nutrition in Action

This step by step guidebook takes complicated nutrition information and breaks it down into easy to chew pieces. You'll discover low glycemic and whole foods eating, learn why so many are going gluten free and how to tell if its right for you, plus you'll get easy planning guides like the One Week Menu, the New Food Pyramid, understanding antioxidants, and much more! *86 pages.*



Living your Best Life Now: Designing your Life with You in Mind

Creating your best life begins with a solid foundation of understanding what makes you tick. This explorative and fun workshop offers tools for self-discovery as you learn about essentials for quality of life and well-being. This workshop is great for busy professionals struggling with stress and work-life balance. Workbook style. Available as ebook. *6 week class available for onsite groups.*

Popular Audios



A Lighter You! Mind Body Weight Loss 6 Hypnosis CDs. 15 – 45 min.

This dynamic hypnosis and visualization series covers the 6 essential elements you need to find lasting weight loss success. Professionally recorded with background music, you'll find yourself relaxing as you tune your mind to:

- Step Into Your Healthy You
- Curb Your Cravings
- Boost Your Metabolism
- Enlighten Your Body
- Motivation for Fitness
- Release Your Reasons



Train Your Brain for Stress Relief

You'll find yourself stressing less as you train your brain to release tension and relax more. With advanced "brain training" strategies, this CD walks you through exercises to help the brain set up new mental habits and patterns, allowing you to curtail stress reactions, and experience greater calm and wellbeing. 30 minutes.



Introduction to Changing Your Food Habits and Cravings

Discover what you didn't know about cravings: where cravings come from and how to take control over the impulses allowing you to naturally make healthier choices so you can slim down to your ideal healthy weight. This CD includes a 20 minute visualization from *Curb your Cravings* part of A Lighter You! Mind Body Weight Loss set 35 minutes.



Set Up Your Mind For Success

This motivational CD gives you new insight into setting goals and the real problems that get in our way of achieving our goals. Discover powerful keys to tuning your brain into making your dreams a reality. 30 minutes.



Train Your Brain for Wealth & Prosperity

This guided visualization helps clear your mental blocks around money. Easy and relaxing, you'll find yourself thinking differently about money, stressing less and tuning your brain to open up to your money possibilities and recognize your opportunities. 30 minutes.