



weight management psychology  
**Walking Companion**

Combining cutting-edge weight management research, pioneering state-of-the-art alert hypnotic techniques, and expert clinical experience from his specialist practice, Glenn Mackintosh brings you the Walking Companion.

The Walking Companion is designed for mental reprogramming as you walk! The walking companion is perfect for people who are busy, but also wanting the benefits of focused mental reconditioning, as well as people wanting some extra motivation to walk regularly. Walking is the most common way to reach and maintain your ideal weight, and now you can improve your mindset about eating, drinking, and physical activity, while you improve your body weight, shape, and health at the same time!

**Walking session 1 – *Everyday foods.*** This session provides a more psychologically appropriate way to view “healthy” foods, reprograms you into wanting to eat these foods more, and gives practical advice for being able to eat everyday foods in small portions regularly.

**Walking session 2 – *Occasional foods.*** This session provides a more psychologically appropriate way to view “less healthy” foods, reprograms you into wanting to eat these foods less, and gives practical advice for being able to eat occasional foods in small portions occasionally.

**Walking session 3 – *Portion sizes.*** This session provides education on the importance of smaller portion sizes, reprograms you into feeling comfortable to eat in smaller portions, and gives practical advice for being able to eat smaller portions of Everyday foods, Occasional foods, and drinks that contain calories.

**Walking session 4 – *Physical activity.*** This session provides a more psychologically appropriate way to view physical activity, reveals the most effective physical activity for fat burning, reprograms you into enjoying physical activity more, and gives practical advice on being regularly physically active.

**Walking session 5 – *Alcohol.*** This session provides a more psychologically appropriate way to view alcohol, reprograms you into wanting to drink alcohol less, and provides practical advice on minimizing alcoholic drinks or completely abstaining completely from them.

**Walking session 6 – *Water.*** This session provides a more psychologically appropriate way to view water, reprograms you into wanting to drink more water, in preference to food and other drinks that contain calories, and provides practical advice on maximizing water intake.

## ***Walking Companion Instructions***

Have the session ready to go, and press play as you begin to walk on the treadmill **OR** as you begin to walk on a safe walking path (e.g., around a running track, along a continuous walkway, or up and down a long deck). You can also use the walking companion on a stationary bike. Preferably choose a quiet environment if possible, and use good headphones in preference to turning the session up too loud. **Do not** use the walking companion in unfamiliar territory (e.g., a new walk), in unsafe places (e.g., around car traffic), or at unsafe times (e.g., late at night). **Do not** use the walking companion when driving or operating machinery of any kind. When using the walking companion aim to pay attention to the words, listen to the ideas and think about them, bringing yourself back to the session if your mind wanders, but at the same time pay attention to your surroundings in the same way you would when listening to music, an audio book, or the radio.

Apart from the first session, which includes an introduction, each session is divided into three tracks, that are designed to be listened to while walking and also in another way, depending on your preference.

**Introduction** - listen to this the first time you listen to the first CD. Following this you may skip it, or continue to listen to it to increase the length of your first walk (introduction in CD one only).

**1. Section 1: *Psycho-education*** - If you have had enough walking from the Introduction, you can sit down and write notes from the education that are important for you to remember.

**2. Section 2: *Alert hypnosis*** – If you have had enough walking from the Introduction and section 1, you can lie down somewhere appropriate and do this section as a traditional hypnosis.

**3. Section 3: *Practical suggestions*** – If you have had enough walking from the Introduction and sections 1 & 2, you can sit down and listen to the suggestions, write down ones that are helpful for you to action, and action them (you can action them as soon as possible after the session ends or even pause the session, action the suggestion, and return to the session if you'd like)