

Contact: Gretchen Keene

GRETCHEN KEENE PUBLIC RELATIONS

(310) 792-9306

FOR IMMEDIATE RELEASE

THIMAGE: A Brand New, Exciting Way to
Lose Unwanted Pounds -- Without the Hassle!

(New York, New York) - Finally, we can all let go of yo-yo dieting, pills, potions, low-carb, no-carb weight loss "miracles," and lose pounds simply and healthfully with an innovative program called Thimage.

Created by renowned clinical hypnotherapist Laurie Gregg, Thimage is a self-discovery audio and workbook series designed to uncover the subconscious thoughts that govern the inner workings of the body as well as it's physical appearance.

Ten years of research confirmed one irrefutable fact: All desired changes, of any kind, in a person's life must take place at the subconscious level if they are to have a lasting effect.

Through an eight week program combining CDs, food diaries and workbooks, the Thimage plan guides you to create the most effective weight loss plan for you and empowers you to stick with it. No deprivation, no strange food combinations. Nothing of the sort.

Together, all the elements of the program will help you gain control as well as a new understanding of your body and your weight, ultimately leading you to achieve your weight loss and fitness goals.

How? Quite simply, Thimage will put you in touch with personal subconscious blocks and motivations, both which have a tremendous effect on your physical body, willpower, energy level and almost every aspect of your life.

Within this unique approach, you will find no set, perfect weight for you: no magic number. Instead, ask yourself at what size and weight do you look the best? The Thimage goal is for you to feel good in your own skin, to feel proud of yourself, to treasure yourself.

Thimage. The changes you desire. The changes you deserve.

Isn't it about time?

HOW TO GET IT

Thimage will be available as of January 1, 2006 at www.thimage.com. The program/kit retails for \$89.00.

Digital images, product samples and interviews are all available upon request.