

Supersize vs Superskinny's

MARISA PEER ULTIMATE CONFIDENCE

The Secrets
To Feeling
Great About
Yourself
Every Day

FREE
CD

HYPNOSIS SESSION

Table of Contents

[*Title Page*](#)

[*Copyright Page*](#)

[*Dedication*](#)

[*Foreword*](#)

[*Introduction*](#)

[*STEP 1*](#)

[*STEP 2*](#)

[*STEP 3*](#)

[*STEP 4*](#)

[*STEP 5*](#)

[*STEP 6*](#)

[*STEP 7*](#)

[*STEP 8*](#)

[*STEP 9*](#)

[*STEP 10*](#)

[*Appendix*](#)

**To download the free hypnosis sessions which accompany the
book please go to:**

www.marisapeer.com/ultimateconfidencedownload

Password: marisa

Marisa Peer studied hypnotherapy at the Hypnotism Training Institute of Los Angeles, known as the best hypnotherapy training establishment in the world. She has spent over twenty years working with an extensive client list including royalty, rock stars, actors, CEOs and professional and Olympic athletes. Marisa has developed her own unique style, which is frequently referred to as life-changing. Her previous book *You Can Be Thin* was published in 2007.

Marisa works extensively on television and radio, appearing on *Supersize vs. Superskinny* and *Celebrity Fit Club* UK and USA. In May 2006, Marisa was named Best British Therapist by *Men's Health* magazine and features in *Tatler's* Guide to Britain's 250 Best Doctors. She gives lectures and workshops all over the world.

Visit her website at www.marisapeer.com

Praise for *You Can Be Thin*:

‘The way Marisa Peer talked about the psychology of eating struck a chord – and the effects were immediate. My attitude is transformed’

Elle magazine

‘Marisa is great. I’ve lost over a stone without even trying. I’d give this nine out of ten’ Alexandra Heminsley, author of *Ex and the City*, on Radio 2’s

The Weekender

‘I’m always sceptical at the thought of another “miracle diet” book but this really is different . . . constructive thoughts from a woman who really does know’

You magazine

‘I would recommend this book to my patients or anyone who wishes to change their weight and find a healthy relationship with food’

Dr Chris Steele, GP and resident doctor on *This Morning*

Praise for Marisa Peer:

‘Marisa Peer has created a body of work that allows you to heal your old emotional wounds and feel great about yourself. There’s nothing better than confidence and this book fills you with confidence. I highly recommend it’

Lynne Franks, businesswoman and author

‘Marisa Peer has become internationally recognised for her profound insights in hypnotherapy. Her brilliance goes far beyond her early instinctive recognition. What has emerged is an incredible effectiveness, she is one of a few in history to have had a profound impact on the field of hypnotherapy. She has moulded the field of hypnotherapy into something much greater than it had ever been. Her latest work, *Ultimate Confidence*, is the latest evidence of her continuing evolution and profound knowledge in the people-helping professions. This book is a must for all practicing hypnotherapists and anyone seeking to transform their lives’

Gil Boyne, Director of the Hypnotism Training Institute

‘Marisa Peer has an extraordinary skill at getting people to change. Since she worked with me my life has changed dramatically and for the better’

Jason Roberts, Premier League football player with Blackburn Rovers

‘Every time I take on a new project in life, or face a particular challenge, I seek Marisa Peer’s extraordinarily effective hypnotherapy. Marisa’s therapeutic work and counsel is a hugely powerful resource in my life, for which I am eternally grateful’

Gerry Cott, co-founder with Bob Geldof and ex-member of The Boomtown Rats

‘Marisa Peer is an absolute marvel. She not only changed my life, she actually saved it. Within two weeks of having just one session with her I stopped smoking and drinking for good and developed a completely different attitude to food. That was twenty-one years ago. I have never had a cigarette or drink since and I don’t want or like unhealthy food anymore despite the fact that I used to devour too much of it.

At seventy-five I have so much vigour that astonishes others, which I directly attribute to Marisa. Because of Marisa Peer I have a whole new life. I cannot recommend her or her methods highly enough’

Molly Parkin, artist and writer

‘Working with Marisa has really helped me to change some deep-rooted issues. I no longer use food to cope and I can finally visualize myself as slim. I am amazed at how much food I am leaving; I cannot finish food and I am indifferent to junk food, which is such a buzz for me. For the first time EVER I can work with food and it does not rule me at all’

Steven Wallis, chef and winner of *Masterchef* 2007

‘Marisa’s work is profoundly effective. She gets to the root of the food issue and liberates you from its vice like-grip’

Des’ree, singer

‘Marisa helped me to eat differently’

Julie Goodyear, actress

‘I had two sessions of hypnotherapy with Marisa Peer to lose some weight which I just could not seem to do alone. Within a matter of months I had lost over two stone; I have kept it off effortlessly for five years now. Marisa changed my life: her programme works. I wholeheartedly recommend her book’ Mark Fuller, media personality, and CEO of Embassy Clubs and Concept Venues

‘I know that without [Marisa’s] help and guidance I would never have achieved my weight loss of over seven stone or been able to maintain it. What [Marisa] did for me is nothing short of miraculous. I owe [Marisa] my life’

Jeff Rudom, actor and ex-professional basketball player, participant in *Celebrity Fit Club* UK 2006

‘Marisa is a gifted hypnotherapist whose methods work. I first worked with Marisa on *Celebrity Fit Club* in the UK. Her relaxed and professional

approach meant that she struck up an easy rapport with the celebrities and she achieved results fast. One year later, I brought her to Los Angeles to film *Celebrity Fit Club* USA because we didn't find anyone in America as good as her. Again, her unique talents brought speedy and impressive results. She is unique in her weight-loss programme, I wholeheartedly recommend her to anyone wanting to achieve easy and sustainable weight loss. She will open your eyes and slim your body: her methods are brilliant'

Dagmar Charlton, producer of *Celebrity Fit Club* UK and USA

'I liked the way that [Marisa] changed the senses. As the saying goes, "people hate to be taught but they love to learn!"'

Phil Jesson, Director of Speaker Development, The Academy for Chief Executives

'I was inspired by [Marisa's] work and easy style and the way [Marisa] mixed facts with language with emotion with hypnosis, and how [she] worked on so many levels – very skilful – and beautifully executed'

Joanna Jesson, Chairman of The Academy for Chief Executives

Ultimate Confidence

MARISA PEER

Hachette Digital

www.littlebrown.co.uk

COPYRIGHT

Published by Sphere

ISBN: 978 0 7481 1161 9

Copyright © Marisa Peer 2009

The moral right of the author has been asserted.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, without the prior permission in writing of the publisher.

The publisher is not responsible for websites (or their content) that are not owned by the publisher.

Sphere
Little, Brown Book Group
Carmelite House
50 Victoria Embankment
London, EC4Y 0DZ

www.littlebrown.co.uk
www.hachette.co.uk

This book is dedicated to my lovely dad, Ron Peer, who always taught me that helping people is what life is all about.

And to all my family:

To my mum Dee, who is so supportive and loving. To Bree, Lucas, Carlyss and Isaac for so much unconditional love and for always filling me up with love and laughter. To Sian for being such a special and wonderful sister. To Cissie for everything. To my gorgeous Phaedra: my world is a better place every day because of you.

Very special thanks and acknowledgements to all my amazing friends, most especially Claudia Rosencrantz who has been the driving force in this book's existence by telling me for the last twelve years that I must write it. To Daniela Neumann, Helen Barbour, Jessica Richards, Charles Montagu, and Maria and Gordon Thomson: thank you for reading and re-reading my manuscripts, for supporting me, motivating me and most of all for believing in me and this book. I feel so blessed to have friends like you.

To my very own Peer group – Roy, Jez, Steve, Tim and Simon – who have inspired me, pushed me and supported me. Thank you for the Peer Pressure, it's so good.

To Eugenie Furniss for being an amazing agent. To Sarah Rustin for being the most extraordinary editor and for shaping and developing this book with me. To Rowan Lawton, Caroline Hogg, Kirsteen Astor and everyone at Little, Brown, huge thanks.

To Nicola Ibinson, Kate Taylor, Lily Hassan and everyone at First Artist Management, thank you for being fabulous. To Della for all her help. To Dr Susan Horsewood Lee for her ongoing and much appreciated support.

And to my own teachers, especially the remarkable Gil Boyne, none of this would exist if I had not been fortunate enough to meet you: you changed my life and I will never forget it.

‘If one person breathes easier on the planet because of you, your life has a purpose.’ And all of the above people do that for me all the time so thank you.

And finally a massive thank you to all my patients for your stories and for your kind permission to use them. This book could not exist without you. You have taught me as much as I ever taught you and I am so grateful for everything you have given me.

Foreword

I have known Marisa first professionally and then personally for over fifteen years and the day I met her was my lucky day. She is the most extraordinarily gifted therapist and I have sent her literally hundreds of people over the years, some international celebrities, some extremely famous, some a little bit famous and some not famous at all. They all had one thing in common: they needed help and I gave them her number knowing that she would change their life.

I can therefore easily say that her skills are unique and completely life-changing. Because of my high regard for her brilliant ability to change people's lives, and because of my job, I also gave her a significant role in one of my programmes, *Celebrity Fit Club*, where she worked with eight celebrities over a four month period and achieved extraordinary results. She is internationally considered to be the very best in her field and people travel from all over the world to seek her help. She is the only person I have ever met anywhere in the world who I know has the unique ability to help people with the widest assortment of problems, including those who have suffered the most severe forms of abuse, and achieve dramatic lifelong changes.

When people ask me why Marisa and her methods are different that's easy, here's what I say: when you have a heart problem, you go and talk to a heart specialist who diagnoses what is wrong and tells you that you need surgery. So you go and have surgery. If you just talked and talked to the heart specialist, that heart problem would be diagnosed but untreated and at best remain the same, at worst get a whole lot more serious. With Marisa, she is both the specialist who diagnoses and the surgeon who operates. You talk, but then you dive deep and sort it out.

I have been asking her to write her therapy book now for over twelve years, for all those people who just can't get to her or who she can't see. And here it is at last. And it is just wonderful. Full of her wit and wisdom. Full of her honesty and total lack of judgement. Full of her cutting-edge therapy.

For every single person who reads this book, it is their lucky day. Patterns and behaviour that make you unhappy do not need to stay that way for ever.

People tend to accept that they are hopeless at this or that, they tell you that they have ‘always’ had relationships that go wrong, or do jobs they don’t really enjoy – why?

Without even realising it, people adapt to their negative patterns until those patterns rule them. When you feel like that, or when your brain feels like Spaghetti Junction, just read this book and feel the knots unknot.

The brain can change and is happy to, if you help it develop new neural pathways. This book is just like a session with Marisa. It is effortless to read and to do, and then in the days and weeks that follow you just feel totally changed.

I hope every person who reads this book allows it to help them change their life. Marisa is wonderful and so is this book.

Claudia Rosencrantz, Director of Television, Virgin Media TV, former ITV Controller of Entertainment

INTRODUCTION

‘Confidence comes not from always being right but from not fearing to be wrong’

- Peter T. McIntyre

Why This Programme Works

There are so many books already published promising to show you how to be confident and promising instant results, but this book is different. This book reactivates the innate confidence you were born with and then massively increases it. This book takes you back to where and how your confidence became eroded and, through a series of simple exercises, regenerates within you lasting high self-confidence and high self-esteem. Within these pages are the keys to unlock everything that can and will give you lasting inner confidence and permanent self-esteem. Throughout this book I will focus on the methods that really achieve a lasting effect on your self-confidence. You are going to change your attitude, your language, your thinking, your beliefs and your whole mindset to become supremely confident and remain that way for good.

This book is written in a very specific hypnotic style using language patterns that will trigger significant changes in your thinking and in your mindset. Just reading the book will make you feel better about yourself and about what you are about to achieve.

The beauty of this book is that the repetition within it is designed to do all the work for you as you absorb the instructions and become fully receptive to change. That is why it is so worth your time to read it and do the exercises. You might just find it's the best investment you ever made. The hypnotic commands in this book don't require you to do what I say; it's not about following my advice or rules. Instead, the hypnosis triggers you to review what I say, absorb the information and then naturally implement changes, changes that are amazingly effective and permanent.

The method behind *Ultimate Confidence* is unique in that it offers you a way to regain the kind of quiet inner confidence that radiates out from you and makes an impression on the people around you. It shows you how to increase your sense of self-worth, self-esteem and self-value so that others will respond positively to you and even follow your lead and increase their sense of your worth and value. This is so much more than a book: it's a programme written to help you become the best you can be. It enables you to surpass your own expectations and those of others too, while motivating you

to live your life to the fullest and achieve the things you really want with a new level of self-belief and with an inner confidence that will always be there. Through my approach to building confidence you are tapping into the vast reserves of confidence that we are all born with.

The programme's ten steps include exercises that free you from the past while giving you a more confident future. It has steps that you can use to improve your relationships, your career and your communication with anyone in any area of your life. It has case histories and client stories to learn from and includes proven habit breakers and psychological techniques that get results and can free you from anxiety and depression. It also has the secrets that successful people naturally use that you can implement into your daily life to permanently boost your confidence.

When addressing confidence it is worth distinguishing that it is not the same as motivation. There is a huge difference between someone telling you 'You can do it' and showing you 'You can do it' by giving you the specific tools and techniques that always work. Motivation does not always make us take action and it does not always come before action; often it is taking the action that then makes us motivated to do more. Sometimes when I go to the gym I am unmotivated and tell myself I will just do thirty minutes, and then I get into it and do sixty minutes or more as I start to enjoy it. Sometimes I am not motivated to write but as I begin it I get motivated to do more because I find the more I do the more highly motivated I become. Motivation means you can psyche yourself up to do something that may be challenging, such as going for an interview, or you can use motivation to make yourself take action. But when you are confident you don't need to constantly motivate yourself; you will feel sure that you can do things since, once you achieve real confidence, it's always with you.

The journey this book will take you on will subtly and irrevocably change your beliefs, your thoughts and your actions. You will learn specifically and in detail exactly how to visualise for success and discover for yourself the fact that scientists agree that visualisation can powerfully increase self-esteem. By the end of this book, when you come to *A Day in the Life of the New, Confident You*, you will be rewired to respond to any and every situation with more natural and easy confidence. You will have achieved so much and will be able to enjoy the success of liking yourself because, until you do, nothing really matters or has a real benefit. You will be rewired to be

the person you were meant to be, and we are all meant to like ourselves. The definition of high self-esteem is actually how much you like yourself. You will be reprogrammed to have lasting, visible change in your self-esteem, self-confidence and your sense of self-worth.

In my practice of over twenty years I have worked with thousands of clients who enjoy huge success, including supermodels, celebrities, millionaires and even royalty, yet they were not happy and did not have the self-esteem that you would expect given their achievements. I would be a millionaire too if I had a pound for all the times they told me they felt like fakes or frauds and were waiting for it to all go wrong, and that, despite seemingly having everything, they couldn't enjoy their lives because they lacked confidence and self-belief. I don't believe in instant confidence or the fake it till you make it concept; I have worked with so many clients who have faked it and have absolutely made it but still feel like they are faking it twenty years later and, as a result, they are unhappy, anxious and stressed and feel as if they are living a lie.

I always remember one of my very famous clients who had enjoyed fabulous success – including winning more than one Oscar – telling me that he was waiting for everyone to find out that it was just a fluke and he really had no talent at all. No amount of awards and gold statues on his mantelpiece alleviated his feeling of inadequacy because his inadequacy came from within. When people told him he was wonderful he didn't believe them and felt they had an agenda, or wanted something from him, or were bullshitters, or were so easily pleased that their opinion was worthless. His belief system had told him he was not good enough long ago and he had achieved fame to make everyone believe in him, but he still didn't believe in himself. This feeling of not being good enough is apparent in so many people, whether they're famous or not. Many people who have huge talent and have achieved success or fame are still very unhappy because they don't believe in themselves. This book will give you every technique that will allow you to believe in yourself, like yourself and feel good about yourself. You can't really have lasting confidence until you locate and remove the beliefs that make you doubt yourself; once you have done that you can have THE ultimate confidence – the kind of permanent, effortless confidence that becomes a part of who you are.

Many years ago I was reading a bestselling relationship book by a

renowned author and was very taken with the chapter that said all you have to do to make a man feel great about himself is to praise him endlessly. Being a shrink myself I knew that was not strictly accurate. For praise to work it has to be intermittent and often unexpected and it has to be somewhat justified. Nevertheless, I tried this method with my boyfriend; he was someone who had issues with his self-worth, probably because he was dispatched to boarding school at seven. He was talented, successful, smart, very good looking and funny but did not believe in himself, so I decide to practise on him and praised him a lot and was rather surprised at his reaction: he became angry and irritable. I praised him for what he looked like and that produced irritation; so I praised his conversation skills but he didn't like that either; and later on in bed I praised his skills (and they were very good) and he just got more and more pissed off until finally he asked me what I wanted and why I kept on telling him stuff that he knew was not true. I really wanted to write to the author of that book and ask him what to do with his advice when the person you are praising won't let it in and won't believe a word you are saying. It sort of proved my point that when people feel they aren't good enough what you believe about them is less important than what they believe about themselves. You have to change your own habits of thought (your beliefs) before you can change your habits of confidence. This book will locate the beliefs that have been holding you back and then eliminate them for good.

How This Programme Is Different

This programme is different because it does not show you how to get yourself into a confident state by engaging in physical or mental exercise of the kind that athletes or performers use before a performance. Doing this is called 'getting into state' and the techniques to get you into a confident state do work but have to be repeated at every situation.

I want to give you an inner confidence that will always be there within you.

The major cause of lacking confidence is because at some level we don't feel good enough. Feeling not good enough is a horrible, pervasive feeling that we are always trying to compensate for by achieving more, working harder, looking better and getting better results. However, once you are free of this feeling and can know with unshakeable certainty that you are good enough, you will no longer need to battle with the feeling as it will no longer exist within you.

This feeling of not being good enough is something I've come across many times as a therapist to the stars in Britain and America. Over time I have developed certain techniques of my own that achieve amazing results. I've become known as a top therapist and have won awards, including being voted Britain's best therapist, for my methods. I've devised particular techniques that have become my favourites because they are so effective and many clients have written to me to tell me just how powerful and effective they found them. These techniques are all here in the book so you can benefit from them too. Having personally experienced low self-esteem and almost no confidence in the past, it always thrills me when I can instil the same great changes in others that I instilled in myself and my patients.

Like many people, I started off quite well. My parents were pleased with their little daughter and my grandmother always told me I was a genius. I even won a prize for being the smartest person in my year, but somewhere it all began to unravel and I became insecure, self-conscious and lacking in confidence. I also thought I was hideous to look at, too. I was tall and gangly from seven to about fifteen and thought I was supremely ugly, like a daddy-long-legs. The boys at school called me Twiglet because that's what my

skinny legs and knobbly knees reminded them of. Eventually I grew into myself and at seventeen got a great boyfriend who loved my long limbs and thought I was wonderful, but because of my experience of growing up I always felt like I was acting, pretending to be confident, when inside I was a mass of insecurity. At one stage I was living in Los Angeles teaching aerobics for Jane Fonda and had a gorgeous fiancé, but the stress of pretending to be confident and self-assured was horrible. I always felt that because the way I felt about myself was so different from the way he saw me, it meant that he didn't really know me and loved a person who did not really exist. I felt that if he knew the real me he would be disappointed, so I put on an act of being confident 24/7, which was a huge mistake because, when people liked me, I felt like it was the act they liked and not the real me, which made me even more insecure. It's odd to look back at the person I was then because it seems as if who I was then was another person altogether. Having gone from feeling I was never enough to being more than happy with who I am, I want you to get the same results, and this book will give that to you.

My purpose for writing this book is to invite everyone who reads it to get back the confidence nature instilled in us and use it to have a happier, more fulfilled life. For years my clients have asked me to write out my methods and techniques because for the first time it is a way to achieve inner change that really makes sense to them and it works. This book will give you the same therapy and the same results from the privacy and comfort of your sofa in an effective and easy-to-follow approach. My patients swear by my methods to such an extent that I have never, ever had to advertise for clients; they have all come along by personal recommendation.