

14 September 1994

Dr. Robert D. Hughes MPA, CHT  
305 West Idaho Street  
Boise, Idaho 83702

Dear Dr. Hughes,

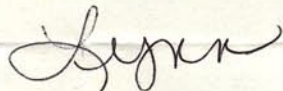
It has been a "long" time since our first meeting on Wednesday, August 3, 1994.

Yesterday has been my hardest day! For the most part, having stopped smoking is easy. It is telling everyone about it, explaining why I do not need to "go out" any longer, etc., that has truly been the hardest to deal with. I'm delighted to tell you that I am now at the weight I should be and holding my own. At least thus far, it has not gotten away from me. I am exercising and trying to eat healthy foods.

I have impressed my husband. Maybe soon he will be looking for a hypnotherapist to help him overcome the "HABIT."

Again, thank you.

Sincerely,

A handwritten signature in cursive script, appearing to read "Lynne".