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Lose Weight Hypnosis / Guided Imagery CD - Lose Weight Naturally!!



Synopsis

This CD is a fantastic hypnosis journey guided by both male and female Certified Hypnotherapists. The Guided Imagery and Psychoacoustics on this recording are incredibly effective. Compare it to anything you may have heard or used in the past. And, you will find this CD program to be one of the most powerful and well produced Audio CDs you have ever heard! Hypnosis is quickly becoming the fastest, safest and most effective way to modify your life and habits. Simply listen while relaxing or sleeping and your metabolism will begin to change. You will be able to envision your body mentally, and shape and sculpt it subconsciously. Famous people know the secret to losing weight and keeping it off. Now allow this powerful audio program to work for you. Visualizing your new body and mentally changing your lifestyle and ideas about food will bring the permanent changes you want in your life. Spending money on diet fads are a waste. But, spending just 25 minutes per day for a week listening to this CD will bring the results you desire. Thereafter, listen as you wish to help you continue to develop and sculpt your body and maintain your ideal image. Diets only work long enough for you to lose a few pounds. Then it is easy to gain the weight right back. The problem isn't you! The problem is your lifestyle and eating habits. This audio CD program assists you in changing your thoughts about food and your lifestyle. You can reprogram your subconscious to change unhealthy eating and exercise routines. You subconsciously put the weight on. Now, use the power of your subconscious mind to take the weight off permanently! Undo the negative patterns and reprogram your subconscious mind. The extra pounds will begin to disappear. Your life will change!

Book Information

Audio CD

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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #4,179,423 in Books (See Top 100 in Books) #56 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets](#) #298 in [Books > Books on CD > Health, Mind & Body > Fitness](#) #382 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts](#)

Customer Reviews

Not sure yet about losing weight. I notice I am more mindful of what I eat. However, it does lull me to sleep and I do feel rested, so it is perfect for me as a sleep aid, instead of ingesting a pill. That is worth it for me for the money.

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