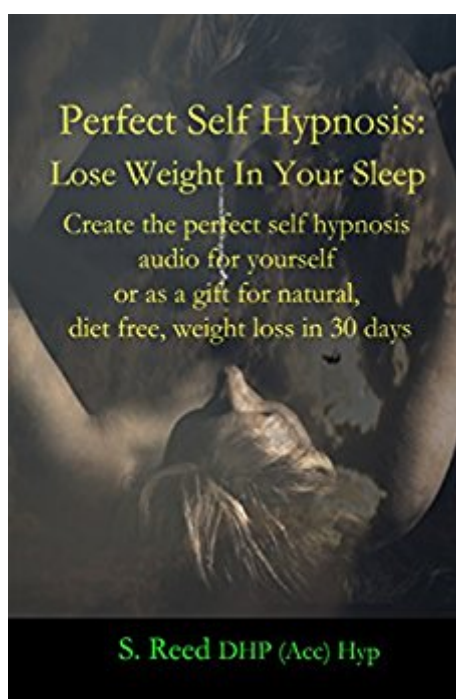


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Synopsis

The No Diet weight loss program You can lose weight in your sleep. Literally. Achieve natural weight loss easily. No more trying to stick to the latest fad diet for you. Perfect Self Hypnosis: Lose Weight In Your Sleep Create the perfect self hypnosis audio for yourself or as a gift for natural, diet free, weight loss in 30 days Learn how to create your own self hypnosis audio for losing weight The perfect losing weight self hypnosis audio for you, or a loved one. If anything about the finished audio that you create from this course isn't perfect, you can change it until it is. Not only will you sleep better, you'll also: Make positive changes in your life Lose weight Look great Feel great Simple weight loss, natural weight loss is easy. Just listen to your self hypnosis audio for 30 days and you'll find that you will automatically make positive diet choices and have more motivation, allowing you to effortlessly lose weight. If you've tried a weight loss system before: counting calories, measuring portions, working out at the gym and not seen the results you've expected, or found it to be too much hard work, you're going to LOVE this book!

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