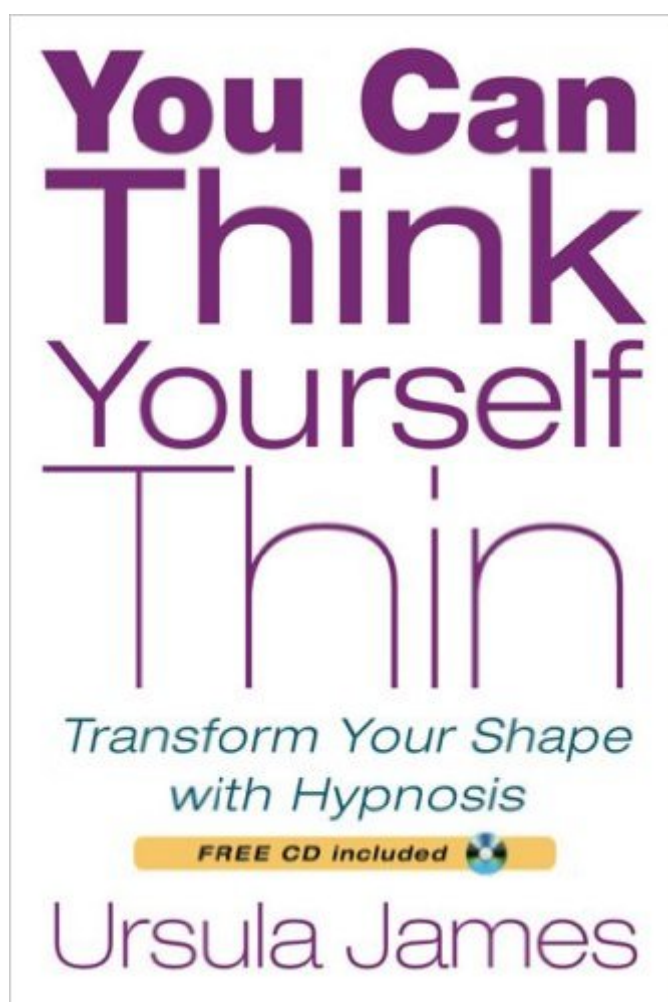


The book was found

You Can Think Yourself Thin: Transform Your Shape With Hypnosis



Synopsis

Do you want to take control of your weight and get the body you always dreamed of? You can-and this book will show you how. In this groundbreaking book, the United Kingdom's premier hypnotherapy practitioner presents a unique program for weight-loss that requires very little effort and yields amazing results. How? You think yourself thin. For years Ursula James counseled people who wanted to lose weight but who found that no diet ever worked for them. What gradually became apparent to her is that most of them already knew what they should be doing to lose weight-they just couldn't quite get themselves to do it. It was a problem of the mind and one that could easily be solved by using targeted hypnosis methods. In this book and CD package, James shares with readers for the first time the clear and simple techniques she uses with her patients-and with amazing results. With this program, readers learn how to take themselves deep into their subconscious minds and change the thought patterns that allow them to discard negative habits and create new, more healthful ones-and all without having to suffer through grueling exercise or food deprivations. Read this book and let Ursula James help you think yourself into the body you've always desired, and the confidence you deserve.

Book Information

Paperback: 208 pages

Publisher: TarcherPerigee; Pap/Com edition (April 16, 2009)

Language: English

ISBN-10: 1585427276

ISBN-13: 978-1585427277

Product Dimensions: 8.1 x 5.5 x 0.8 inches

Shipping Weight: 8.5 ounces

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (17 customer reviews)

Best Sellers Rank: #1,666,057 in Books (See Top 100 in Books) #26 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets](#) #957 in [Books > Self-Help > Hypnosis](#) #7809 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss](#)

Customer Reviews

Like some people, I have to lose some weight for looking great and also for having a good health!! I have found this book really by surprise one day on . I have already read some book about hypnotherapy for losing weight (Paul Mckenna, Marisa Peer...) and I was not impressed. I have to say that I was not disappointed because I didn't give a lot of hope in this kind of book ... BUT that

was until I discover Ursula James. I have read her book for about three weeks from now. I took my time because I read this on my travel for working (about 5 pages per day on my train). Her writing was simple, her words were clear... I was really impressed by how the word went on my mind and deeply in. Her analyze is well done. Unlike any other book about the same subject, she explains how the past, the present, our environment, our family, our life affect us deeply and allow us to have a poor diet life. There is three phase on her book: First one: The Past Second: The Present Third: The Future For each phase, you have to read a track on her CD. She really explains when you have to listen each track. After listen a track, you have to take a day off (no reading further her book). And after that, you go on. Between her phase, she give you some tips, some advice. She tells you to do some "exercise": Like throwing away your old shoes, taking an appointment each week with yourself ... As for her CD track; her track doesn't contain any music. And as for me, this is perfect. You concentrate on her voice. Her voice is really clear; the ton is perfect, she take time to use every word. This is hypnotic. I have to say, that for her track I don't really remember every thing she said. I am ashamed to say that I feel like I fall asleep. I am deeply focused.

[Download to continue reading...](#)

You Can Think Yourself Thin: Transform Your Shape with Hypnosis Hypnosis: Self Hypnosis, NLP & Mind Control 6 Steps To End Depression, Anxiety & Stress FREE BONUS (Hypnosis, Mind Control, NLP, Self Hypnosis, Hypnosis ... Hypnotism, Self Hypnosis For Beginners) HYPNOSIS FOR WEIGHT LOSS: SELF HYPNOSIS as you read (FREE Life Mastery Bonus Toolkit Included!) (Self Hypnosis As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio Book 3) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Hypnosis: Master Hypnosis, Learn hypnosis now (Hypnosis, Hypnotism, Self Hypnosis, Mind control) ACT LIKE A LADY, THINK LIKE A MAN: By Steve Harvey: Act Like a Lady, Think Like a Man: What Men Really Think About Love, Relationships, Intimacy, and Commitment [Hardcover] 1st Edition Hypnosis Diet, Wendi's Hypnosis for weight loss PLUS EIGHT audio hypnosis MP3s Hypnosis: Medicine of the Mind: Hypnosis: Medicine of the Mind - A Complete Manual on Hypnosis for the Beginner, Intermediate and Advanced Practitioner QUANTUM SELF HYPNOSIS STOP SMOKING NOW: Hypnosis Script & Inductions Included! (Quantum Self Hypnosis Singles Book 2) 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 The Essential

Ericksonian Hypnosis Primer: How-To Master Hypnotic Persuasion, And Covert, Indirect, Conversational Hypnosis; So You Can Change Minds And Persuasions Instantly Cook Yourself Thin: Skinny Meals You Can Make in Minutes Get In Shape With Exercise Ball Training: The 30 Best Exercise Ball Workouts For Sexy Abs And A Slim Body At Home (Get In Shape Workout Routines and Exercises Book 2) Walk Your Way To Weight Loss 2nd edition: The Ultimate Guide On How To Lose Weight, Burn Fat & Stay Thin With Walking (Weight Loss, Exercise, work out, ... stay thin, energy, fitness, healing) Imagine Yourself Well: Better Health Through Self-hypnosis (Better Health Through Hypnosis) The Self-Hypnosis Diet: Use the Power of Your Mind to Make Any Diet Work for You [With 6-Page Study Guide]Â Â [SELF HYPNOSIS DIET 3D] [Compact Disc] The Thin Book of Appreciative Inquiry (3rd Edition) (Thin Book Series) Relax Your Way to Thin! (Low Carb) Hypnosis Weight Loss Motivation The Emotional Life of Your Brain: How Its Unique Patterns Affect the Way You Think, Feel, and Live--and How You Can Change Them

[Dmca](#)