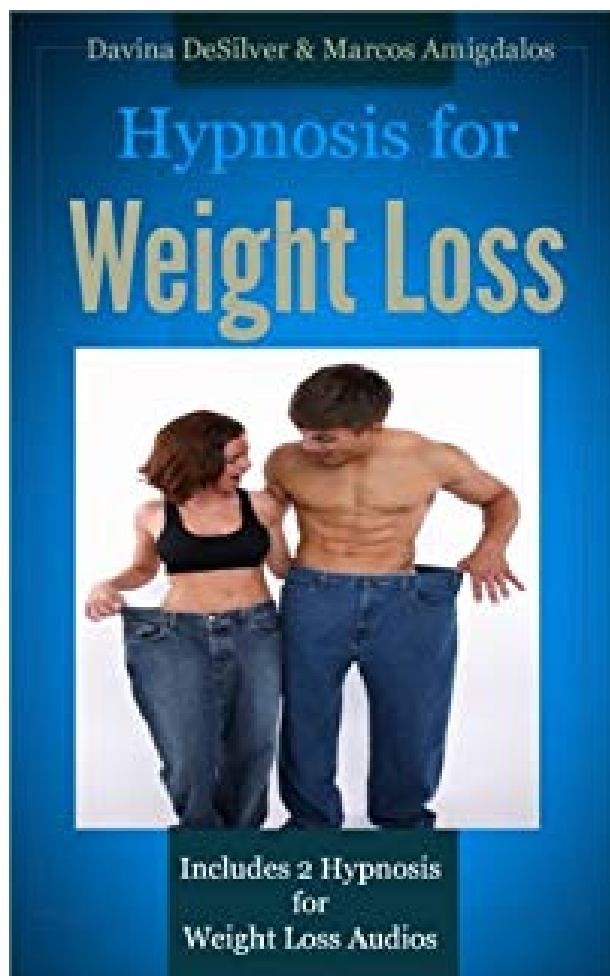


Hypnosis for Weight Loss - With 2 Hypnosis for Weightloss Audios (Simple Self Hypnosis)



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ASIN	B00CJHOAY4
Goodreads Rating:	4.00
Published:	April 25th 2013
Genre:	Uncategorized
Language	English
Pages:	28

[Hypnosis for Weight Loss - With 2 Hypnosis for Weightloss Audios \(Simple Self Hypnosis\).pdf](#)

[Hypnosis for Weight Loss - With 2 Hypnosis for Weightloss Audios \(Simple Self Hypnosis\).epub](#)

Using Hypnosis for Weight Loss is an enjoyable and effort way to retrain your subconscious mind to move away from unhealthy habits and to forge new healthier ones. Easily leave behind unhelpful behaviours and create a new image of you. Answering a few simple questions and working through the short exercises included in the book you will gain much greater clarity and insight about the things that have stopped you from losing weight in the past. Using the answers and images you create whilst reading the book, the suggestions are further embedded when you listen to one of the two accompanying MP3 audios. One is recorded in a male voice and one in a female voice, so choose which one suits you best and allow your powerful subconscious mind to help you lose weight. Lie back and relax - take the hard work out of losing weight.