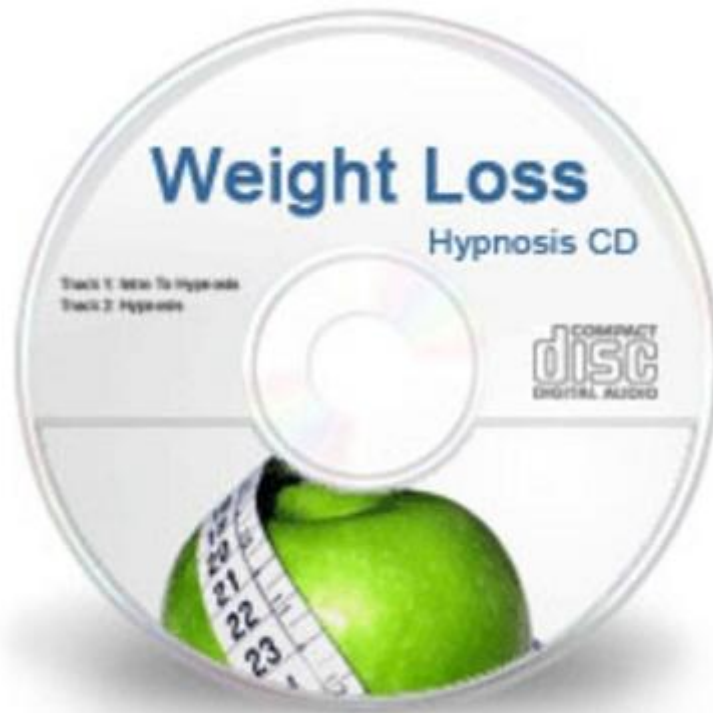


Weight Loss Hypnosis Mp3



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One of the most common issues for the use of hypnosis is weight loss. Hypnosis has been proven to be very effective when used for the purpose of losing weight. Are you tired of trying failed weight lost pills and diets? Use hypnosis! We understand that weight loss can be powerfully obtained when working with the subconscious mind to create natural actions of shedding those extra pounds. So stop searching for the same old weight loss product with a new name. The true ability to lose weight resides within your thinking and the actions you take in response to your thinking.....and the power to activate this natural ability to lose weight is right here. You can achieve your goal of losing weight very easily once you have aligned your thinking and your beliefs with what your body is naturally capable of doing.....which is creating a healthy functioning body system. Ask Yourself..... What kinds of food am I eating? Are these fatty, high calories foods causing my body to work even harder to eliminate extra body weight? Am I eating past the point of satisfying my hunger? Is this causing my body to fall behind in the process of turning food into energy and causing my body to store that extra food as body fat? Am I not getting enough active physical time in my everyday life? Is this telling my body that that I do not need as much

energy in my day and causing my body to slow down my metabolism? Am I constantly telling myself that I am overweight and when I look in the mirror, am I feeling disappointed in myself? Is this telling my subconscious mind that this is my true identity and is this giving my subconscious mind the goal to maintain this result? This Can All Change For You These questions are very important. By answering these questions, you have opened a new dialog with your mind and body to create some understanding as to what may be getting in the way of your goal to lose weight. Now, with hypnosis, we can speak directly to your subconscious mind and reverse the results you have been getting; and start seeing those extra pounds melt away. Hypnosis CD Description This Weight Loss Hypnosis CD is designed to create a mental desire to lose weight and produce natural bodily functions to lose weight. You will acknowledge the choices set out before you and choose a new direction that creates strong desire and dedication towards your goal of losing weight. You will be given suggestions for your unconscious mind to speed up your metabolism, to burn un-needed fats and to produce more energy for you to be more active throughout your days. This hypnosis CD is intended to create a mind and body union with your goal to lose weight naturally. Hypnosis Induction: Elman Style Rapid Hypnosis Induction Hypnosis Techniques Used: Direct Suggestion, Indirect Suggestion, Visualization, Convincers CD Track One: Intro To Hypnosis: 9 minutes 28 seconds CD Track Two: Hypnosis Session: 35 minutes 28 seconds

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