

Lose Weight Hypnosis



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Are you struggling with weight loss? Hypnosis can provide the extra motivation and determination to keep you moving in the direction of your goals, and help you escape the many food traps that can cause weight gain. Hypnosis is the perfect tool for re-educating your unconscious mind - the part that creates cravings and impulses - to give you back real choice in what you eat. You know that a real and permanent change in your weight only comes with a change in lifestyle, not through fad diets that you cant possibly keep up over the long term. Our weight control hypnosis downloads can help you make those changes, and far more quickly and easily than you ever imagined possible. Why is hypnotherapy so much more effective than just dieting alone? Because it lifts you out of a double bind. On the one hand, faddy dieting and unnatural calorie restriction actually causes your body to store fat more effectively. On the other hand, feeling deprived on a daily basis is eventually going to drive you to bingeing and rebellion, no matter how strong your self-control. Taking a psychological approach with hypnosis deals with the hidden patterns behind poor eating and over-eating at the same level as they occur - deep in your unconscious mind. Thats why its so much more effective.

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