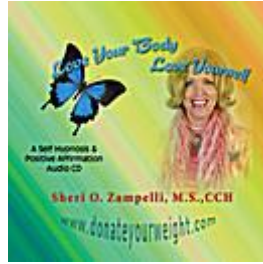


Mp3 Sheri O. Zampelli, M.s., Cch - Love Your Body, Love Yourself



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Whether you want upbeat affirmations to listen to in the car or a hypnosis session to relax with your eyes closed, this CD has all you need to make positive changes in your thinking and your body. 5 MP3 Songs

NEW AGE: Self-Help, NEW AGE: Relaxation Details: Product Description Love Your Body, Love Yourself is a CD designed to help you attain and nurture a sense of love and gratitude for your body. The soothing, reassuring words on the CD will help you focus on self-love and appreciation for your body and all its functions. Whether you want to lose weight or not, this positive, nurturing CD will help you make peace with your body so you can enjoy your life more fully. This CD is unique because it includes: A full hypnosis session and 2 positive affirmation tracks One of the affirmation tracks is upbeat and one is relaxing. You can listen to the affirmation tracks in your car or during the night as you sleep. Use the power of repetition to your benefit! About the Author Sheri O. Zampelli M.S., CCH has a master's degree in counseling and is the author of From Sabotage to Success and program developer for Donate Your Weight - The Stress-Free Program to Stop Dieting, Get Slim and Help Others While Doing It. She is a certified clinical hypnotherapist with over 16 years of experience working with groups and individuals to create positive life change and gain freedom from addictions. She is a college instructor and has facilitated and participated in countless groups such as 12-Step, Master Mind and Weight Watchers. Sheri Zampelli struggled with weight and eating for 12 years before she discovered a solution that works for life, part of that solution includes regular use of positive recordings such as this one.

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