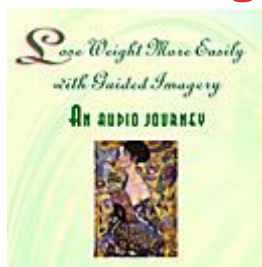


Mp3 Barbara Cox, Phd - Lose Weight More Easily With Guided Imagery



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Recent research has shown that people who use guided imagery regularly, imagining themselves at their ideal weight, achieve weight loss more easily and quickly. This audio helps you do that. 9 MP3 Songs

SPOKEN WORD: With Music, NEW AGE: Energy Healing Show all album songs: Lose Weight More Easily with Guided Imagery Songs Details: Barbara Cox, PhD is a Holistic Psychologist and Transformational Coach, whose advice has been featured in local and national magazines such as Cosmopolitan Magazine. She specializes in helping women skyrocket their Self-confidence by offering classes, CDs, and personalized sessions that blend positive psychology, peak performance hypnosis, intuitive tools and meditation. The soothing background music and sound engineering was done by Mike Wall. See his great website in the links sections. Dr. Barbara is also the founder of the Confident Goddess Series for women. In these workshops and personalized sessions, I help women connect with their inner power to celebrate the woman they are. Id love to hear how this CD has helped you improve your body image and any comments on ideas for future useful CDs. Blessings! Review of other CDs: Release Your Stress, March 14, 2007 Reviewer: Carmen Matthews (San Diego, California) "I welcomed this guided imagery and relaxation CD into my life. Before listening to this CD, I had anticipated for one week that I had a tremendous amount of civil legal research to do that I was simultaneously dreading, yet eager to be done with. After listening to this CD, for about forty-five minutes, my anticipation of my dreaded work became something that I was curious about, welcomed, and actually completed in one hour, as opposed to an all day project - the answers were in my ability to be focused and in my willingness to ask empowering questions. Dr. Cox's "Guided Imagery and Relaxation Techniques for Parents" CD is a valuable life skills tool for anyone, whether you are a parent or not, because it will guide

you to be in the moment, choosing balance, and intent to enrich your life." Review: Soothing voice of Dr. Barbara, January 10, 2007 Reviewer: L. Marrouni (Paris, France) - "I would definitely recommend this CD for parents... It is great way to relax and unwind, as we all know that parenting is a full-time job... And, in addition to our daily job outside the home... it is nice to have something to guide us into that peaceful place where we can take some time out for ourselves... Thanks for making this available..." Review: Reviewer: Chris Arbuckle, Massage Therapist, San Diego, CA "Your CD is like a private yoga retreat."

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