

# Exercise Motivation - Musical Subliminal

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Discover the magic of Supraliminal Self-Hypnosis! This breakthrough subliminal technology - works! Do you want to feel motivated to exercise more often? Does your lack of exercise make you feel tired and lethargic? Can you envision a day when you look forward to exercising everyday? Do you look forward to feeling energetic and strong? Today is the day you can change your life! Make up your mind to achieve success! Yes, you can achieve your goals with supraliminal self-hypnosis. The answer is within you. All you have to do is make up your mind to achieve success! With daily use, this highly effective supraliminal recording will give you the results you want! Your conscious mind will hear soothing nature sounds while your subconscious mind will hear hundreds of well-written, life changing, mind affirming hypnotic suggestions! The hypnotic affirmations on this recording compel your subconscious mind to adjust your mental attitude, daily behaviors and activities in order to help you change your subconscious attitudes towards exercise. You can program yourself to enjoy exercising regularly. By changing your mind set, you can look forward to your exercise routine. The changes will begin immediately. The more you listen, the more powerful the transformation. Length of Recording: 60 minutes Audible Track: Ambient Music Dont even think about putting a lot of conscious effort into positive goals without preparing your sub-conscious mind for success first! If youre serious about changing your life, read further. You have been hypnotized by your life experiences to believe a great number of things about your personality, your abilities, and the world in general. Often, these lessons are positive and help you to grow towards your true potential. There are times, though, when you may learn lessons that tend to hold you back, on a subconscious level, from those things you truly deserve and desire. As you go about your life, your subconscious mind records your experiences and creates beliefs and behaviors based on these experiences. In this way, your brain is similar to a computer; the subconscious mind operates strictly from the information programmed into it. Your conscious mind determines what information is programmed into the subconscious. For this reason, bypassing the critical factor of the conscious mind allows suggestions to be accepted easily into the subconscious mind, allowing you to make up your mind to change. All of your behavior is adaptive. You do certain things because your conscious mind believes that the behavior is

helping you. In other words, everything you do is due to your mind's interpretation of your life experiences. Luckily, what was created with your mind can be cured with your mind! These Self-hypnosis recordings are vastly different from the majority of subliminal products that you will find online. Recorded Supraliminally - We use the high quality software and equipment to create supraliminal recordings which contain suggestions that are recorded at very high frequencies which are outside the range of normal hearing. This method allows the suggestions to be heard and accepted by your subconscious mind without interference from your conscious mind. Although you will not hear the words, your subconscious mind will hear and accept them. Embedded Isochronic Tones - Isochronic tones embedded within your recording will enhance your experience by gently leading you into a heightened state of learning. Different tones impact different learning states. For this reason, the tone chosen for your recording will be determined by the subject matter. Over 100+ Hypnotic Suggestions - This recording contains over 100 positive suggestions, written by a professionally certified Hypnotherapist and NLP practitioner who holds a Masters degree in psychology. Highly Effective, Well Researched Suggestions and Format - Human beings have different ways of processing information. Every person is unique. The way your brain works is unique. For that reason, each suggestion is given at least three times, in various formats so that your subconscious mind can absorb it easily. No matter who you are - you will see results. Instant Download 100 percent guaranteed - If this product does not help you feel more confident about yourself or help you move towards your goals in 90 days contact us. Let me introduce myself. My name is Sheilah Davis. I am a professional Hypnotherapist from Denver, Colorado. I hold a masters degree in psychology, a master level certification in hypnosis and am a NLP practitioner. Please feel free to contact me if you have any questions about hypnosis or this particular item. You have my full support after you purchase this item, guaranteed! I wish you the best of Success, Sheilah T. Davis MA. CH/DNLP P.S.- Today can be the day to take charge of the situation and begin to live your life anew. Hypnosis has helped thousands of people! Hypnosis will work for you, too! Imagine yourself strong, energetic, and motivated to exercise! Go for it! \*Important note: It is important that whenever you listen to any hypnosis or subliminal recording that you are in a safe, peaceful environment. Please do not listen to these recordings while driving a vehicle or operating dangerous machinery. Certain people should not use hypnosis or subliminal recordings: do not listen to these recordings if you are pregnant, have a pacemaker, a seizure disorder, or are under the age of 18 (without the consent of your physician).

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