

Mp3 Sheri O. Zampelli, M.s., Cch - Stress-free Slimming



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Soothing hypnosis with ocean waves in the background and upbeat affirmations with upbeat music in the background. 5 MP3 Songs NEW AGE: Self-Help, NEW AGE: Relaxation Details: Product Description

Stress-Free Slimming is a CD that will help you adopt and internalize the habits and behaviors of a naturally slim person. Based on the 7 Stress-Free Slimming Strategies, this CD can be used to help you attain healthy habits such as eating slower, eating less, exercising more, drinking more water and taking good care of yourself. 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! The hypnosis tracks have soothing ocean wave sounds in the background and the upbeat affirmations have music designed to help your memorize the words so they will be stuck in your mind and you will think about them even when you're not listening to the CD. Remember, repetition is the key to all learning. These affirmation tracks can be used on repeat mode so that you internalize the words and make them your own. The repetition will help you to remember these words so they will give you inner strength just when you need it most. 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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