

# Hypnosis Weight Loss

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Description: This download is designed to create a mental desire to lose weight and natural bodily actions to lose weight. You will acknowledge the choices set before you and choose a new direction that creates strong desire and dedication to your goals of losing weight. You will be given suggestions for your unconscious mind to speed up your metabolism, to burn un-needed fats and to create more energy for you to be more active throughout your days. This download is designed to create a mind and body union in your goals to lose weight naturally. Hypnosis Induction: Ericksonian/Elman Style Rapid Induction Techniques Used: Direct Suggestion, Indirect Suggestion, The Two Mirrors Of Choice, Visualization, Convincers, Multiple Emerging And Inducing Guided Hypnosis By: Steven B. Schneider, CHT. Track One-PreTalk: 19 minutes 11 seconds Track Two-Hypnosis: 58 minutes 17 seconds

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