

Lose Weight (Self Hypnosis & Subliminal Reinforcement)

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Lose Weight Self Hypnosis Subliminal Learning

Ying-Ying Zheng



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the Subliminal Secrets to Lose Weight Fast and Look Amazing Today) Harrison Gross,101-01-01 In this book we propose a different approach It s absolutely painless and inexpensive Have you ever considered using self hypnosis We will show you how your mind can persuade your body that your food needs are lower We will also show you how through hypnosis it is possible to convince your subconscious that you have undergone a gastric band operation producing in reality the same weight loss effects that you would have with a real surgery With this book you ll be able to Lose weight fast and naturally How to gain confidence and increase self esteem Gain more energy throughout your day How to really think positively Enjoy the experience of nurturing and taking care of your body The top secret morning habits of successful people How to unlock the power of prayer to achieve what you want in life Packed with scientifically backed techniques and expert insights this book is your roadmap to a healthier slimmer you Discover how to harness the power of hypnosis to shed stubborn pounds balance your hormones and regulate glucose levels This isn t just another diet book it s a comprehensive mind body approach to achieving sustainable weight loss and overall well being *Mother Jones Magazine* ,1989-09 Mother Jones is an award winning national magazine widely respected for its groundbreaking investigative reporting and coverage of sustainability and environmental issues **Mother Jones Magazine** ,1989-02 Mother Jones is an award winning national magazine widely respected for its groundbreaking investigative reporting and coverage of sustainability and environmental issues **Words**

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