

Lose Weight (Self Hypnosis & Subliminal Reinforcement)

Pulos, Lee

Note: This is not the actual book cover

Lose Weight Self Hypnosis And Subliminal Reinforcement

Julia Schneider



Lose Weight Self Hypnosis And Subliminal Reinforcement:

Self-Hypnosis and Subliminal Technology Eldon Taylor, 2012-10-08 This life changing how to guide demystifies self hypnosis and subliminal technology to demonstrate how they are effective tools for your self improvement journey Everybody has some character trait he or she would like to change and there are many techniques available to facilitate these changes Unfortunately many of them are either impractical or expensive or both Most people are somewhat familiar with hypnosis and subliminal technology but are reluctant to use them as serious self help tools In large part this is due to the fact that they ve been mired in mystique urban legend and disinformation The truth is that both self hypnosis and subliminal communication are backed by extensive research that demonstrates their efficacy More important once learned they can be customized for any situation and used almost anytime and anywhere Join Eldon Taylor on your own self improvement exploration using the tools in this book and on the accompanying audio download Experience hypnosis and subliminal patterning for yourself *On Cassette* ,1991 *Words on Cassette*, 2002 R R Bowker Publishing, 2002 *Thinking Thin* Tom Nicoli, 2007 A Startling New Approach to Weight Loss and Fitness by One of America s Most Successful Board Certified Hypnotists Have you suffered through too many trendy diet programs without lasting results Have you worked yourself to the point of exhaustion in the gym Have you ever taken a miracle pill to help you lose weight Does your weight still fluctuate more than the stock market Are you pleading for a weight solution that actually works If you answered yes to any of those questions then you must read *Thinking Thin* a startling new approach to weight loss and fitness developed by Tom Nicoli BCH CI one of America s most successful Board certified hypnotists who has been seen on Dateline NBC and praised by SHAPE Magazine as the Hippest of the Hyp Tom has shown thousands of people around the world how to live free from the anguish of obesity all without the struggle associated with most weight loss programs and diets Why put up with dangerous diet pills or waste another day of self starvation or dreaded workouts when you don t have to Make the decision today to embark upon the joyous path to a better you It all begins with *Thinking Thin* **Media Review Digest** C. Edward Wall, 1989 **Library Journal** ,1989 **Audio Video Review Digest** ,1989 **Canadiana** ,1989 *Books Out Loud* ,2004

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