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Elizabeth Collins



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David Jenkins,2021-04-12 55% OFF for Bookstores NOW at 16 64 instead of 36 97 LAST DAYS Do you constantly worry trying to figure out what you are not doing right Hypnosis has been effective in increasing deep sleep in people by up to 80% which helps us to wake up every day more energized and renewed Since rest plays such a crucial role in our daily lives and is important for our wellbeing to be maintained it also goes to show how effective hypnosis can really be You are most likely mindful of the amazing advantages that hypnosis for weight reduction has in store for you Our listed health benefits include It helps to fix sleep habits such as anxiety sleepwalking and having general difficulty sleeping and update your mind on the advantages you might encounter from pursuing one of our hypnosis for losing weight sessions Since many dieters have negative thinking patterns that encourage them to use junk food to change their feelings hypnosis for weight loss also helps you to see yourself as a healthy person that does not need food to change anything You learn to see changes in eating habits not as a hardship but as empowerment because that is what you want to do in the first place Be patient after a session nothing is magic behaviors will gradually change especially if you really want it In addition each night the unconscious continues to do its job Even if the first results on your eating behaviors do not stand out know that during a hypnosis session there are bound to be things going on in the brain Book 1 deals with What is Self Hypnosis Deep Breathing for Stress Reduction and Food Health Tips to Help You Succeed with No Stress Guided Meditations Why Do I Eat So Much Psychology of Eating Strategies and Mind Exercises Deep Sleep Hypnosis Weight Loss Hypnosis Book 2 deals with Hypnosis for Weight Loss Essential Foods That You Need To Consume Mini Habits The Gold Protocol The 21 Day Hypnotic Method With Daily Affirmations Weight Reduction Self Hypnosis Session Meditation Detoxing Your Emotion and State of Mind Introduction to Gastric Band Hypnosis Suggestive Diet Program for More Effective Weight Loss Importance of Improving Image of the Body And much more 55% OFF for Bookstores NOW at 16 64 instead of 36 97 LAST DAYS You will Never Stop Using this

Awesome Cookbook Buy it NOW and get addicted to this amazing book Rapid Weight Loss Hypnosis: Discover the Power of Hypnosis for Losing Weight Fast and Increasing Your Motivation to Lose Weight Through Hypnosis a Raphael

Moss,2021-02-17 Rapid Weight Loss Hypnosis Many individuals are uncertain about how to lose weight safely and normally It doesn't help that multiple sites and notices especially those having a place with companies that sell diet drugs or other weight loss products promote misinformation about losing weight In this important must book you will gain more energy throughout your day through a variety of research backed methods to enable an individual to accomplish a stable weight securely Here's what this book will help you do Learn portion control hypnosis Identify healthy eating hypnosis Use hypnosis to control blood sugar Achieve good health and the perfect body Lose weight fast and naturally Gain more energy throughout your day Eat healthy with subliminal hypnosis Sleep well Enjoy the experience of nurturing and taking care of your body

Know how excessive sleep can affect your metabolism Learn step by step hypnotherapy for weight loss And much more The meditation and hypnosis sessions will help regulating food portions in a natural and highly effective way by engaging your subconscious mind in the process Discover the power of hypnosis for losing weight fast and increasing your motivation to lose weight via hypnosis and meditation *Rapid Weight Loss Hypnosis and Meditation* Elizabeth Collins,2020-11-20 If you've looked into the title of this book then I'm guessing you're here because you're also looking for ways on how you can lose weight immediately and effectively This has been a struggle that many people constantly experience While other diets seem to work well with other people this is not the case for all As such the cycle of finding the right diet continues until you find the diet that suits you If you want to know more keep reading Perhaps you think you are personally at fault for your lack of long term success in the quest for the holy grail of weight loss Well you shouldn't blame yourself but the human brain instead It's the source of all of this angst Most of the time we think that there is something wrong with the diet and that is why it is not working for us Little do we know how our self is one of the biggest hindrances in reaching our desired weight loss goal That is why this book will help you overcome a lot of things in order to help you in your journey of weight loss motivation and success What if I told you that in a short span of time you could make a shift from this mindset of frustration and inconsistency with your ability to lose weight what I call fat thinking into a thin thinking mindset that allows you to feel confident and capable and release pressure steadily at a rate you decide And you'll know you can maintain your ideal weight once you achieve it Oh yes and all of this without one millisecond of dieting All you need to know is how to meditate and change your mindset This book covers What is Hypnosis for Weight Loss Heal Your Relationship with Food Relaxation to Promote Physical Healing The Power of Guided Meditation Body Image Relaxation How to Use Meditation and Affirmations to Lose Weight Guided Meditation for Weight Loss Daily Weight Loss Meditation Hypnosis to Stop Emotional Eating Eat Healthy with Subliminal Hypnosis Portion Control Hypnosis The Power of Repeated Words and Thoughts Positive Affirmations The Habit Changing Method Building the Foundation Overcoming Trauma Anxiety and Depression Meditation Lose Weight Fast and Naturally Learning to Avoid Temptations and Triggers And Much More Little did I know that the answer was NOT outside of me Instead the key to unlocking the prison door of my weight struggle was inside of me The journey starts in your mind The same place that has been the source of your struggle is now going to be your key to long term permanent weight mastery Think of all the changes you will go through after So what are you waiting for Read this book now and start your rapid weight loss journey **The Ultimate Guide to Rapid Weight Loss Hypnosis** David Jenkins,2021-04-09 55% OFF for Bookstores NOW at 12.14 instead of 26.97 LAST DAYS Do you wish that your shape your nose your legs your hair were like somebody else's Hypnosis is rewiring your brain to add or to change your daily routine starting from your basic instincts This happens due to the fact that while you are in a hypnotic state you are more susceptible to suggestions by the person who put you in this state In the case of self hypnosis the person who made you enter the trance

of hypnotism is yourself Thus the only person who can give you suggestions that can change your attitude in this method is you and you alone Losing weight and trying to maintain has always been a struggle for those wanting to do so There are different definitions of the standard body image of males and females Weight loss can be quick or can be achieved over time However losing weight faster and quicker is not healthy in the long run but those who lose it over a period of time are more likely to retain the weight they have achieved One of the various methods to reduce weight is hypnotherapy This technique rewires your brain convincing it to think that whatever method you are trying is helping you to lose weight This type of mind set will have a positive impact on the brain and hormonal levels which ultimately leads to fat loss Hypnotherapy will help you to cope up with unhealthy eating habits control emotional eating and keeping the cravings in control This book serves multiple purposes It not only guides about weight loss techniques but also the basis causes of the opposite emotional problems that promote overeating This book is a complete guide to a fatless healthy happy and satisfactory lifestyle This book covers What is Self Hypnosis Guided Meditation for Weight Loss Mindful Eating Step by Step Guide to Hypnotherapy for Weight Loss The Power of our Mindset Daily Weight Loss Meditation Daily Weight Loss Motivation with Mini Habits Myths about Hypnosis and Weight Loss The Top 10 Reasons to Use Weight Loss Hypnosis 30 Days Challenge to Naturally Lose Weight Meditations Techniques for Weight Loss And Sleep Better To Improve The Quality Of Your Life 55% OFF for Bookstores NOW at 12 14 instead of 26 97 LAST DAYS You will Never Stop Using this Awesome Cookbook Buy it NOW and get addicted to this amazing book **Rapid Weight Loss Hypnosis and Meditation** Elizabeth Collins,2021-04-19 55% OFF for Bookstores NOW at 43 97 instead of 53 97 Do you want to discover the secret behind a natural weight loss through meditation affirmations and hypnosis Your Customers Will Never Stop To Use This Amazing Guide If you ve looked into the title of this book then I m guessing you re here because you re also looking for ways on how you can lose weight immediately and effectively This has been a struggle that many people constantly experience While other diets seem to work well with other people this is not the case for all As such the cycle of finding the right diet continues until you find the diet that suits you If you want to know more keep reading Perhaps you think you are personally at fault for your lack of long term success in the quest for the holy grail of weight loss Well you shouldn t blame yourself but the human brain instead It s the source of all of this angst Most of the time we think that there is something wrong with the diet and that is why it is not working for us Little do we know how our self is one of the biggest hindrances in reaching our desired weight loss goal That is why this book will help you overcome a lot of things in order to help you in your journey of weight loss motivation and success What if I told you that in a short span of time you could make a shift from this mindset of frustration and inconsistency with your ability to lose weight what I call fat thinking into a thin thinking mindset that allows you to feel confident and capable and release pressure steadily at a rate you decide And you ll know you can maintain your ideal weight once you achieve it Oh yes and all of this without one millisecond of dieting All you need to know is how to meditate and change your mindset This book covers

What is Hypnosis for Weight Loss Heal Your Relationship with Food Relaxation to Promote Physical Healing The Power of Guided Meditation Body Image Relaxation How to Use Meditation and Affirmations to Lose Weight Guided Meditation for Weight Loss Daily Weight Loss Meditation Hypnosis to Stop Emotional Eating Eat Healthy with Subliminal Hypnosis Portion Control Hypnosis The Power of Repeated Words and Thoughts Positive Affirmations The Habit Changing Method Building the Foundation Overcoming Trauma Anxiety and Depression Meditation Lose Weight Fast and Naturally Learning to Avoid Temptations and Triggers And Much More Little did I know that the answer was NOT outside of me Instead the key to unlocking the prison door of my weight struggle was inside of me The journey starts in your mind The same place that has been the source of your struggle is now going to be your key to long term permanent weight mastery Think of all the changes you will go through after Buy It NOW And Let Your Customers Get Addicted To This Amazing Book Weight Loss Hypnosis for Men and Women David Jenkins, 2021-02-23 55% OFF for Bookstores NOW at 10 79 instead of 23 97 LAST DAYS How should you love your body Hypnosis can be used in addition to a slimming program as a method halfway between medicine and spirituality This aims to help the patient to encourage his brain to adhere to a healthier lifestyle and to follow a balanced diet In fact hypnosis will not directly make you lose pounds but can help you lose weight by strengthening your mind The sessions can help patients to have more perseverance to better understand their body and to accept themselves By promoting balance well being and helping you to live a better diet hypnosis can be a boost that will help some people in their weight loss process Losing weight involves changing your lifestyle getting into sport but also changing your diet But detaching yourself from your eating habits is not easy and requires a strong mind This is where hypnosis can come in and help you lose weight Where sport and diet will have an effect on calorie intake and therefore weight loss hypnosis may affect the results in the sense that it can help you not to give up and go after it your goals The virtual gastric band is not as the sound suggests a reality It is an image a perception that you make you believe in your body The patient without undergoing any intervention is then placed on a fictitious gastric ring similar to a real one The idea is to force your mind to bow to the constraints that a real ring would have brought about and to have the same results Of course the motivation and determination of the person come into play enormously This is an imaginary tool which can help the person in their food transition During a session the hypnotist proceeds to pose an imaginary ring under hypnosis which will be housed in the unconscious of the person Try not to get discouraged with little change If nothing else regular hypnosis sessions may help ease pressure and help you learn to relax reducing your need to eat in emotional situations Because hypnosis is probably not going to deal with the issue all by itself consider keeping a food and exercise journal This book covers What Makes Your Body Gain Weight Daily Habits Blasting Calories Habits for Weight Loss Everything You Need To Know About the Eat Stop Eat Program How to Build Motivation Advice for Success Repetition of a Mantra How to Practice Every Day Rapid Weight Loss Fat Burn and Calorie Blast with Meditation Practicing Mindfulness Using Gastric Band for Weight Loss 55% OFF for

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(How to get emotionally and mentally free from food, body, and weight...for good) Ben Poulin,101-01-01 Weight loss is a crucial problem in today's society with increasing obesity and people gradually understand what overweight is doing to their bodies wellbeing and ultimately lifestyles So many people want a change in their lives but prefer to sit down with their wishful thinking complain and do nothing about their situation I applaud you for being the one percent of action takers who refuse to settle unlike the ninety nine percent of whiners and complainers Weight loss is possible with exercise and balanced meals alone but having good quality nutrition and building lean muscle mass can help you lose further keeping weight off and remaining balanced This meditation eBook will help you Remove cravings for unhealthy foods Increase your desire for exercise Improve your state of mind and healthy mindset Practice mindfulness Sleep better Change your life When I first started reading this book I wasn't sure what to expect It is filled with facts and information about hypnosis as well as various ways we can use self hypnosis to improve different parts of our lives The author breaks down different areas of improvement and offers great advice on how to implement hypnosis as a method of breaking habit or creating a desired effect Great read

Weight Loss Hypnosis Jennifer Williams,2020-11-12 **Extreme Weight Loss Hypnosis** David Jenkins,2021-03-02 55% OFF for Bookstores NOW at 16 64 instead of 36 97 LAST DAYS Do you really love perfect looking people Hypnosis has been mainstream both dramatically and remedially for quite a long time and has taken on numerous structures All the more as of late hypnosis has increased a decent notoriety in clinical practices for a horde of reasons This is what you have to think about the training and why you ought to get mesmerized Hypnosis contributes to a significant factor supporting health and wellness allowing you to practice mindfulness which many individuals don't know how to do It aids as a psychological treatment that can help you experience far more benefits to serve your well being than you ever thought It allows you to experience changes in your thoughts behaviors perceptions and sensations and can be performed in either a clinical setting or the comfort of your own home Again you must forget the misconception that hypnosis is like sleeping because if it is then it would be impossible to give autosuggestions to yourself Try to think about it like being in a very vivid daydream where you are capable of controlling every aspect of the situation you are in This gives you the ability to change anything that may bother and hinder you to achieve the best possible result If you are able to pull it off properly then the possibility of improving yourself after a constant practice of the method will just be a few steps away In this book you will be guided

through meditation and several hypnotism scripts that target various weight loss issues such as the weight loss itself weight maintenance skills and emotional eating Each subject area will have different levels so you can choose the intensity and experience level of your treatment The techniques in this eBook are so easy that anyone can easily accomplish weight loss through hypnosis This book covers Hypnosis and Power of Mind The Power of Guided Meditation How to Use Meditation and Affirmations to Lose Weight Stress Eating Mindful Eating Stop Emotional Eating Hypnosis Sleeping Hypnosis How to Prepare Yourself for Hypnosis 55% OFF for Bookstores NOW at 16 64 instead of 36 97 LAST DAYS You will Never Stop Using this Awesome Cookbook Buy it NOW and get addicted to this amazing book Extreme Weight Loss Hypnosis for Women

Johanna Cooper,2020-12-03 Would you like to lose weight fast and naturally Have you tried different diets and exercises but still struggle with weight loss Are you tired of suffering of food addiction and emotional eating Do you want to have healthy habits and eat consciously to live your life in a better way and losing weight This audiobook is for you Reach your balance change mindset and improve the relationship you have with food and with yourself Create the healthy and happy life you ve always dreamed of through scientifically proven world renowned weight loss techniques of hypnosis powerful positive affirmations and guided meditation In this journey I will guide you step by step to discover how to change your life starting with your weight loss We ll also talk about self esteem and how it can help you lose weight You will understand the right attitude to have and the psychological aspect that will allow you to have results that will last over time This is the right path to a better life In the first part of the audiobook we will discover Self Hypnosis What is how work how can help you weight loss Why you are struggling or unable to lose weight The right psychology to weight loss Self Hypnosis The right way for a healthy body and mental exercises Power of positive affirmations for weight loss Additional Tips How to change your habits to improve your lifestyle Meditation for weight loss and stress proofing In the second part Self Hypnosis to weight loss practical Self Hypnosis Emotional eating and how to stop it with hypnosis and meditation Hypnosis to stop emotional eating exercise Hypnosis to control food cravings specially sugar cravings Healthy eating day hypnosis How to build healthy eating habits Weight loss through affirmations Eat healthy with subliminal hypnosis and much more Buy it now let s get started

Weight Loss Hypnosis and Meditation Bible Robert Williams,2021-05-17 55% OFF for Bookstores NOW at 26 97 instead of 36 97 LAST DAYS Are you ready to loose extreme weight The best way to describe the experience of hypnosis is to view it as a type of therapy that focuses on controlled attention It s not something that feels scary or out of the ordinary Those who are apprehensive should consider giving it a shot at least once before debunking the practice altogether It s something that can benefit you by allowing you to change your habits healthily Hypnosis is not a type of mind control yet it is designed to alter your mind by shifting your feelings toward liking something that you might have hated before such as exercise or eating a balanced diet The same goes for quitting sugar or binge eating Hypnosis identifies the root of the issues you may be dealing with and works by rectifying it accordingly Given that it changes your thought pattern you may also experience a

much calmer and relaxed approach to everything you do Whatever strategy for eating healthy you may pick these meditations and trances will help you stop gorging and think it is easier to eat healthily and practice naturally Recollect that it takes over one attempt and that you should practice it regularly not once a month When you can incorporate these snapshots of relaxation into your routine it will help them work better For some it may be an enjoyable experience but for others not Since it s not an invasive procedure and you re not taking something physically to lose weight it may come across as a fad If you re the type of person who struggles to stick to something or can t see beyond what s in front of you then chances are it may not be your cup of tea On a positive note if you can t afford professional hypnotherapy sessions you can find countless guides articles and podcasts like this one online If you can manage to put in the necessary time required to succeed in losing weight or kick some of your bad habits then you will be thrilled to find that it is indeed beneficial Although three months of practice seems incredibly long you will reach your goals in no time Plus you ll do it in a sustainable self sufficient manner which is also a bonus for your self development This book covers Lose Weight Fast and Naturally Using Hypnosis How Hypnosis Can Help You to Lose Weight and Conquer the Body You Desire Without Risk Types of Hypnosis The Power of our Mindset Daily Weight Loss Meditation And much more 55% OFF for Bookstores NOW at 23 97 instead of 36 97 LAST DAYS Your Customers Never Stop to Use this awesome extreme weight loss book Buy it NOW and let your customers get addicted to this amazing book

Weight Loss Hypnosis Bethany McKenzie,2020-09-16 Do you want to lose weight Are you tired of thousands of diet that did not actually work for you Are you ready for something completely new and revolutionary Weight Loss Hypnosis is a totally new non invasive approach that can make you achieve the desired results without resorting to starvation diets In this book you will find out The keys to facilitate weight loss How hypnosis gives you the control back Best tips to gain self confidence and improve you body image How to accelerate your metabolism and stop food cravings How sleep meditation can help for a rapid weight loss The right affirmations to follow for weight loss success The best hypnotherapy techniques and much more If you are struggling with diet and with regaining weight this revolutionary method can be the right one for you It has been used for quitting smoking and fear of heights or spiders with amazing results You can now start a new mindful approach to stop emotional eating and food addiction and live the life you deserve

Rapid Weight Loss Hypnosis Program For Women Beginners 21 Day Hypnosis & Affirmations For Fat Burning, Calorie Blast, Mindfulness, Emotional Eating & Cravings (Hypnotic Gastric Band) Guided Meditations & Self-Hypnosis,2021-01-25 If You Want To Lose Weight Rapidly Sustainably While Living A Healthy Lifestyle Effortlessly That Helps You Keep The Weight Off Long Term Then Keep Reading Have you tried everything possible to lose weight but nothing EVER seems to work long term Have you tried every diet out there but only end up disappointed or stuck in the harmful Yo Yo dieting cycle Have you made a conscious effort to try and improve your eating habits but still can t get the results that you want or even worse end up falling back into your old unhealthy habits This 21 Day Hypnosis Challenge might just have the

answers you are looking for Herein we will discuss exactly how hypnosis can help you lose weight by dealing with the underlying causes that might be affecting your food choices Instead of focusing on quick fixes and hacks Hypnosis is actually proven to help change your core issues and beliefs around Weight Loss that makes healthy living a natural lifestyle And an easy one Each Guided Hypnosis will help you retrain your brain and rewire your subconscious beliefs to once and for all overcome your unhealthy eating habits and beliefs that have been holding you back Oh as well as installing new healthy beliefs that support long term Weight Loss and health All you have to do is follow the 21 days 10 Hours of Hypnosis we ve provided you listen to them daily and allow the results to take effect Anyways here s a slither of what s inside The 30 Minute Hypnosis To Help Prevent Emotional Eating The Secrets To Building A Lifetime Of Healthy Eating Habits Sticking Too Them How To Finally Eat Mindfully And Listen To Your Body When It Is Time Put Down The Knife And Fork The Power Of Your Mind In Making Weight Loss A Self Love Journey A Collection Of Affirmations To Retrain Your Mind For A Healthy Lifestyle The Hypnosis To Help You Develop A Healthy Morning Routine And Set You Up For A Lifetime Of Healthy Habits And so much more So If You Want To Finally Lose Weight Sustainably Keep The Weight Off And Make It Part Of An Enjoyable Healthy Lifestyle Instead Of A Daily Struggle Then Scroll Up And Click Add To Cart

Deep Sleep & Rapid Weight Loss

Hypnosis Emily Anderson,2021-04-29 If you want to discover how to boost your weight loss reach your dream body effortlessly and sleep well every night then read on Developing healthy habits can sometimes seem like such a struggle Fortunately using the power of hypnosis you can reprogram your brain to start using these healthy habits that make weight loss easy and make you sleep as easy as counting to 10 Hypnosis is not a magic pill however it is simply a tool to help change your undesired behaviors and practices at a subliminal level when the mind is in a trance like state In this situation you are more receptive to suggestions make changes in behavior such as overcoming emotional eating and falling in love with much easier physical exercise Besides sleep hypnosis can be utilized to succeed insomnia and produce higher quality and much more restorative sleep mainly when used in combination with other practices such as CBT It is time for you to develop the body of your dreams overcome your unhealthy eating habits and sleep effortlessly every night Here are some topics of what s inside The Hypnosis Process for Weight Loss to reprogram your mind to sleep effortlessly every night and get the healing sleep you deserve Meditation for a Mindfulness Diet to help you overcome emotional eating and develop a healthy relationship with food How Hypnosis Aids in Weight Loss to help you love your body and deal with the care that makes weight loss and healthy life effortlessly Guided Meditation Exercises for sweet relaxation for deep sleep How to Calm Your Body and Mind to prepare yourself to have a good night Much More So if you want to unlock your weight loss potential develop highly healthy eating habits and sleep effortlessly every night you are only one click away from all of that Order Your Copy NOW and Start a New Slim and Healthy Life Today *Ultimate Weight Loss Power Hypnotherapy Script Book* Victoria Gallagher,2021-12-03 As a Hypnotherapist with over 20 years of experience Victoria Gallagher is a leader and visionary in

the hypnosis field and the go to expert on weight loss Over 1 3 of Americans are classified as obese This means hypnotherapists have access to a market of more than 160 million potential clients If you do not already have a thriving weight loss business this book can help you achieve one Ultimate Weight Loss Hypnotherapy Script Book provides a comprehensive system with well constructed scripts and specific goals to guide the client to success from start to finish This book outlines a unique approach to weight loss to the novice or experienced hypnotherapist This 12 week program includes education and scripts that address Foundational Beliefs Hunger Visualization Accessing the Cause Drinking Water Exercising Eating Healthy Metabolism Banishing Old Patterns Melting Fat Reshaping the Body Maintenance It s a simple and easy to follow model for using hypnosis to find and resolve core issues responsible for keeping the weight on This hypnosis program teaches you how to help your clients write their own suggestions they will use which speak to their personal weight loss needs and individual goals This program is not just about losing weight It is about creating life long habits Don t let the name fool you Victoria Gallagher s Ultimate Weight Loss Power Hypnotherapy Script Book is much more than what the title suggests Victoria has produced a complete weight loss program for any practicing Consulting Hypnotist or Hypnotherapist Even seasoned practitioners will benefit handsomely with this program Once again Victoria delivers as a true professional Tom Nicoli Board Certified Hypnotist This book is a treasure I wish I had when I started my practice Victoria takes the complex subject of weight loss and breaks it down into an easy well thought out and manageable system that ensures long lasting results Everything you need to be successful with your weight loss clients is in this The result the guesswork for weight loss hypnosis is gone and a beautiful compassionate program is delivered Stephanie Conkle Clinical Hypnotherapist Creator of the Profound Somnambulism Protocol Victoria Gallagher provides a real world tested and powerful resource to the hypnosis field This book goes beyond scripts and is a comprehensive manual with phenomenal methods to benefit both new and seasoned hypnotists If you want to WORK SMART in your hypnosis sessions this book will make you a more effective weight loss hypnotist Jason Linett Host of the Work Smart Hypnosis Podcast As you proceed through each week s session you are helping your client to gain a deeper understanding of themselves Some say it only takes 21 days to create a new habit Experts now say it actually takes 90 days to create permanent habits The heart of the program is in creating the right affirmations for your client This is done right from the start during week one I share my precise formula to create the most effective affirmations Victoria s years of research and depth of understanding show in this book It is a useful collection of scripts that every practitioner in this area should have access to Michael Watson Certified Hypnotist This book is for individuals who wish to lose weight or for hypnotherapists to use with their clients **Mind Over Platter** Donald J Mannarino M a,Donald J. Mannarino, M.A.,2009-06-01 One of every three Americans is considered to be overweight and the choices people make about what they eat and their activity level play a role in these staggering statistics In Mind over Platter author Donald J Mannarino presents self hypnosis as a positive approach to combating weight problems in America In this

guide Mannarino a clinical hypnotherapist for thirty years suggests that people can condition their mind to make healthier food choices motivate the mind to eat less and strengthen the resolve of the mind to become more physically active The true power center of the brain lies within the subconscious mind and hypnosis is the most powerful method of reaching this subconscious mind Mind over Platter provides An overview of the history of hypnosis A practical and easily understood definition of hypnosis A discussion of what it feels like to be hypnotized A realistic inner view of what hypnosis can help achieve Answers to frequently asked questions about hypnosis and weight loss Based on personal experience Mannarino illustrates how hypnosis can create a positive shift in thought patterns that gives rise to changes in the mind enabling you to reach your personal goals His philosophy is change your thoughts and you can and you will change your destiny

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