

Self Hypnosis for Weight Loss

7 Huge Benefits for You



"Weight loss can change your whole character.

That always amazed me:

Shedding pounds does change your personality.

It changes your philosophy of life because you recognize that you are capable of using your mind to change your body."

Jean Nidetch, co-founder of Weight Watchers

Losing Weight Feeling Great With Self Hypnosis And

R Bogdan



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