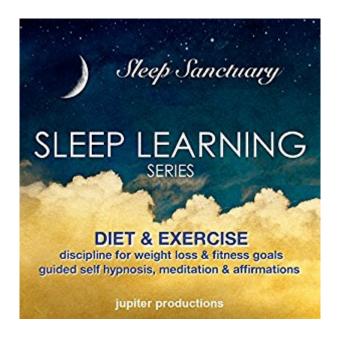
The book was found

Diet & Exercise Discipline For Weight Loss & Fitness Goals: Sleep Learning Series, Guided Self Hypnosis, Meditation, & Affirmations





Synopsis

This Diet & Exercise Discipline for Weight Loss & Fitness Goals program is designed to assist the listener in making mindful dietary choices, increasing motivation to exercise, staying true to the goal, and creating an enhanced appreciation for the body. This Sleep Learning program is designed using multiple therapeutic techniques. In addition to hypnotic techniques and meditative affirmations, this program is further enhanced by the use of brainwave entertainment such as solfeggio tones, isochronic tones, bilateral stimulation, and white noise. Listening at a very low volume is ideal and won't diminish your results. Narrated by Anna Thompson, MA, MHP, LMHC, advanced clinical hypnotherapist. Accomplish your goals and create the life you've always wanted.

Book Information

Audible Audio Edition Listening Length: 3 hours and 29 minutes Program Type: Audiobook Version: Original recording Publisher: Jupiter Productions Audible.com Release Date: January 29, 2015 Language: English ASIN: B00SXCEXIM Best Sellers Rank: #1 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets #47 in Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #130

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