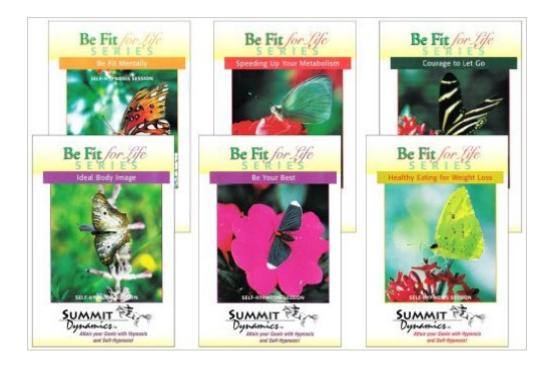


## **Be Fit For Life Series**





## Synopsis

The Laura King, Complete Weight Loss Program-Be Fit for Life Series-gets results by retraining your brain to attain and maintain the ideal weight for your body type. Long-term weight loss is not a matter of willpower, it's about changing thought patterns that trigger behavior. Through these Laura King self-hypnosis CDs, your subconscious mind puts you on autopilot to get and keep the body that is just right for you. You become focused on healthy eating, speeding up your metabolism, and developing a positive self-image.

## **Book Information**

Audio CD Publisher: Laura King (September 25, 2007) Language: English ISBN-10: 0974888516 ISBN-13: 978-0974888514 Product Dimensions: 7.8 x 5.6 x 3.6 inches Shipping Weight: 1.5 pounds (View shipping rates and policies) Average Customer Review: Be the first to review this item Best Sellers Rank: #7,250,078 in Books (See Top 100 in Books) #79 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets #369 in Books > Books on CD > Health, Mind & Body > Fitness #2836 in Books > Self-Help > Hypnosis

## Download to continue reading...

Get Fit, Stay Fit Be Fit for Life Series Alkaline Diet: How to Lose Weight, Get Fit, Detox Naturally, Balance Your pH, and Be Healthy For Life with the Alkaline Diet (Cookbook, Recipes, and Smoothies) Meals by Blood Type: Getting Your Life Back on Track With 35 Recipes That Fit Your Blood Type (Blood Type Diet & Low Cholesterol) Body and Soul: A Girl's Guide to a Fit, Fun and Fabulous Life Fit For Life Exercise For Seniors - Get And Stay Fit For Life At Any Age (Seniors, Low Impact Exercise Book 1) Extreme Weight Loss: Hypnosis and Affirmations Bundle to Lose Weight Fast, Get Motivated and Stay Fit for Life Lose Weight Fast: Hypnosis for Extreme Weight Loss and Staying Fit for Life via Beach Hypnosis and Meditation Fight Fat After Forty: The Revolutionary Three-Pronged Approach That Will Break Your Stress-Fat Cycle and Make You Healthy, Fit, and Trim for Life Life Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching Session- How To Motivate, Inspire, Change Your Life) 17 Minute Workouts For Your Butt & Thighs: Fast & Effective Sculpting Exercises for Shapely Hip & Sexy Legs (Fit Expert Series) 17 Minute Workouts for your Butt & Thighs - Fast & Effective Sculpting Exercises for Shapely Hip & Sexy Legs (Fit Expert Series Book 14) Laughing Fit to Kill: Black Humor in the Fictions of Slavery (The W.E.B. Du Bois Institute Series) J.A. Jance Series Reading Order: Series List - In Order: J.P. Beaumont series, Joana Brady Mysteries series, Ali Reynolds series, Walker Family series (Listastik Series Reading Order Book 13) W.E.B. Griffin Series Reading Order: Series List - In Order: Presidential Agent series, Badge of Honor series, The Corps series, Honor Bound series, Brotherhood ... (Listastik Series Reading Order Book 14) Stephen King Series Reading Order: Series List - In Order: The Dark Tower series, Shining series, Talisman series, The Green Mile series, stand-alone novels, ... (Listastik Series Reading Order Book 30) Dale Brown Series Reading Order: Series List - In Order: Patrick McLanahan series, Acts of War series, Independent series, Dreamland series (Listastik Series Reading Order Book 24) Do Your Bit to Be Physically Fit! (Healthy Habits for a Lifetime) Summer Fit Second to Third Grade: Math, Reading, Writing, Language Arts + Fitness, Nutrition and Values

<u>Dmca</u>