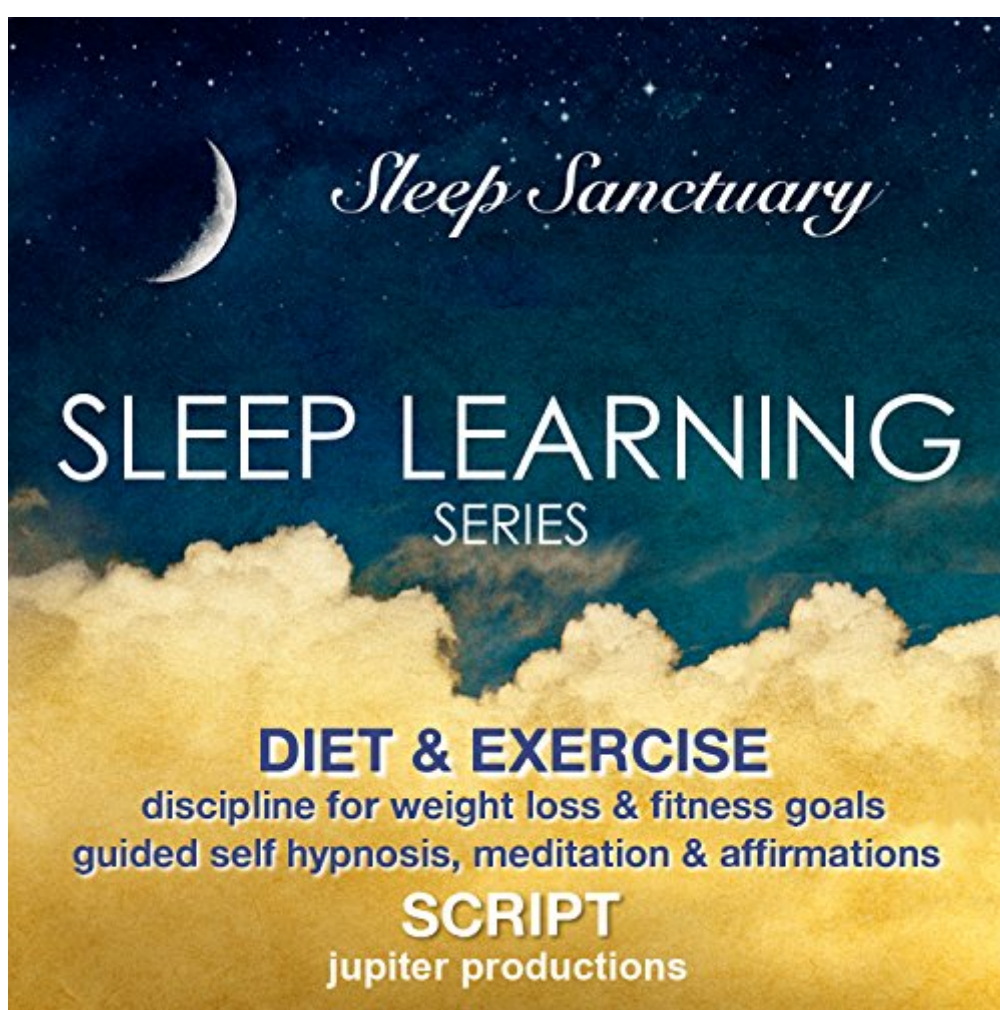


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# Diet & Exercise Discipline For Weight Loss & Fitness Goals: Sleep Learning Series, Guided Self Hypnosis, Meditation & Affirmations - Jupiter Productions



## Synopsis

This "Diet & Exercise Discipline For Weight Loss & Fitness Goals" script 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. Some say that we are the sum total of what we surround ourselves with. For example, what we choose to watch on television, listen to on the radio, who we choose to surround ourselves with and even the thoughts we think all have an effect on our overall perceptions and thought patterns. Just like the foods that we eat, over time, create our bodies, our thoughts shape who we are, and ultimately what types of situations we manifest in our lives. Sleep learning can benefit a listener in powerful ways. The mind stays active even while we are sleeping. For example a mother may sleep soundly through thunderstorms and barking dogs yet the sounds of her baby stirring in the next room will often awaken her instantly. Why not use this time (while you are asleep) to realize your potential? This script was written by Jupiter Productions & narrated by Anna Thompson, MA, MHP, LMHC, Advanced Clinical Hypnotherapist. The contents therein may be used as a reference point while you are listening to the audio book version or for making a self-hypnosis recording for your own personal use. However, any recording you make using this script may not be resold to anyone else, or for any other commercial purposes. The audio version of this script has been designed using multiple therapeutic techniques. In addition to hypnotic techniques and meditative affirmations, this program is further enhanced by the use of brainwave entrainment 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. Accomplish your goals and create the life you've always wanted starting today. Enjoy, and have a wonderful night's rest!

## Book Information

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