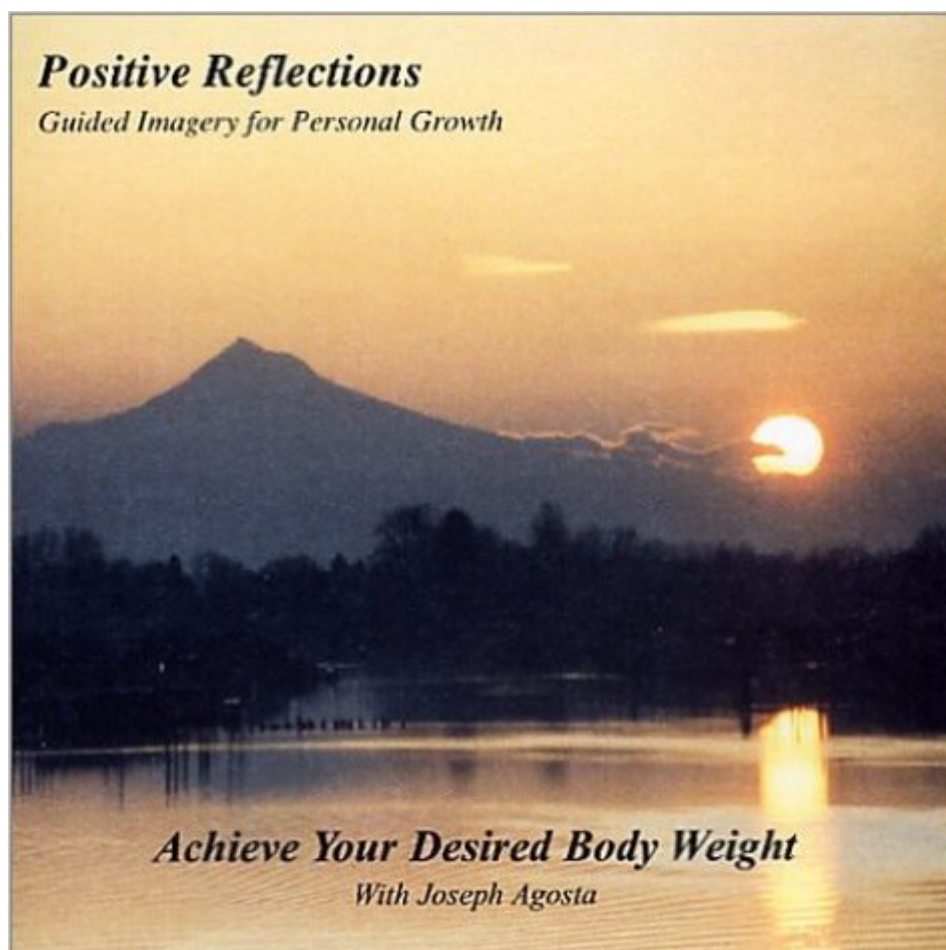


The book was found

# Lose Weight: Achieve Your Desired Body Weight



## Synopsis

This guided meditation recording uses relaxation techniques to help the listener enter a state of consciousness whereby their unconscious mind is more susceptible to positive suggestions, affirmations, and metaphors. Desired changes will be made from the inside out. Satisfaction is guaranteed. Results will vary.

## Book Information

Audio CD

Publisher: Northwestern Audio (October 2003)

ISBN-10: 1587450062

ISBN-13: 978-1587450068

Product Dimensions: 5.6 x 4.9 x 0.4 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #3,603,429 in Books (See Top 100 in Books) #50 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets](#) #737 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#) #1779 in [Books > Self-Help > Hypnosis](#)

## Customer Reviews

Excellent self hypnosis audio CD

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