

Weight Loss - Body Image And Control Mp3

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"This cd is wonderful!!" "I found myself automatically choosing water!!" Focusing on motivation, encouraging eating healthy foods, encouraging exercise, good body image, promoting a relaxed, calm and smoothly functioning body. Bring your body into its natural alignment, support for weight control, relief from stressful conditions, relax nerves, encourage exercise, healthy eating & positive body image. The majority of people who 'diet' know everything there is to know about dieting and weight loss. They are 'expert dieters' and yet still can't lose weight. This is because the one aspect missing from most diet plans is one that deals with the emotional side of weight control and weight loss. This MP3, scripted by internationally registered therapists, will assist you with the emotional side of weight control. Leaving you feeling, not only easily able to eat healthily and exercise, but feeling really good about yourself. Assist yourself in making permanent changes to your lifestyle, not by following unnatural diets, but allowing your body to easily come back into balance. Simply listening to this recording a few times a week while relaxing, will allow the positive suggestion to flow into your subconscious mind, motivating you with your healthy living plan, and weight management. Encouraging you to eat healthy foods and do the physical exercise you wish to do. Promoting a calm, relaxed and smoothly functioning body while helping with any stress related symptoms. Many people listen to the MP3 before they go to sleep; and others before they get up in the morning. Starting or ending the day with a calming and motivating experience. As it is only half an hour long, it is easy to fit into your daily routine. It's only a few small changes that are needed to make a big difference. Every recording is made to a high standard using professional sound equipment. The voice you will hear is that of hypnotherapist Christine Hines, who is also trained in classical voice production. The music we use on each recording is especially scripted at 60 beats per minutes to ensure deep relaxation. This will generate what is commonly referred to as the Mozart effect of easy focus and complete calm. Please do not listen to the MP3 while driving or operating heavy machinery.

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