

Mp3 Sonya Green - Choose To Lose Weight Loss Meditation

[DOWNLOAD HERE](#)

Guided Meditation for weight loss. Overcome emotional eating habits on a sub conscious level. 2 MP3 Songs NEW AGE: Meditation, NEW AGE: Healing Details: Choose to Lose. This CD addresses Weight Loss issues, Emotional Eating, and Body Image. 1: This deeply relaxing guided meditation helps to re-create habits and encourages the user to lose weight and keep it off, by making the new eating habits as automatic as the old ones. It's deeply relaxing, pleasurable and effective. Using Creative Visualization this way helps to "Get your head in the right place" as it's main purpose is to have the mind take on new beliefs about the way you respond to food and your body. It gently leads you into enjoying the process instead of insisting on results. 2: This track is an introduction to Creative Visualization and explains how weight issues can be changed and mastered by changing old beliefs and habits. It offers honest, simple and insightful information. Outlining many of the misconceptions about diet and weight loss. It brings clarity into what seems to be an overwhelming challenge. Sonya Green has spent more than 10 years as a weight loss counsellor and has worked with many of Australia's most respected psychologists. Currently running self esteem, personal growth and meditation courses, writing and producing meditation CD's the webmaster of reinventingmyself.com

[DOWNLOAD HERE](#)

Similar manuals: