

# **Mp3 Stuart Maccormack - Be Your Ideal Weight - Neuro-linguistic Programming (nlp)**

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This is not another diet. If youve tried dieting before and failed then this programme is for you its designed to help you positively change and take control of your eating habits. 6 MP3 Songs in this album (46:13) !

Related styles: SPOKEN WORD: Audiobook, SPOKEN WORD: Inspirational People who are interested in Paul McKenna should consider this download. Details: Stuart MacCormack is a fully qualified practitioner in Neuro-Linguistic Programming, Time Line Therapy and Hypnotherapy. He is an accredited member of three of the most predominant international organisations namely The American Board of Neuro-Linguistic Programming, The American Board of Hypnotherapy and Time Line Therapy Association and is a member of the Association of Neuro-Linguistic Programming. This programme is designed to help you positively change and take control of your eating habits. Many people feel out of control when it comes to food, and if you ve ever felt compelled to eat for whatever reason, perhaps just to feel better. As you listen to this programme you will start to think and feel differently about food. The result is you become in control of what you eat and when. Benefits: \* Reach your ideal weight easily and effortlessly \* Feel in control of your eating habits \* Counter cravings and negative eating patterns \* See food in a different light Client Testimonials: I bought this programme to get back in to shape - after 6 months of trying to lose baby weight and not succeeding I tried this and have been really impressed with it. The quality is excellent, there's a lot more to this programme than others like it on the market. The relaxation part is really good; I listen to it every night and drift off to sleep. The amazing thing is that in 2 weeks I lost 1/2 a stone! The best thing about it is that I'm not aware that I'm doing anything different. I don't know why its working, it just is. I also have the high achiever CD Be a High Achiever - Neuro-Linguistic Programming (NLP) from the range and I've used this to set myself a target weight. The two work really well together. Overall highly recommended! Ms Wilson - Jersey

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