

# Nlp Love Your Physical Self Mp3

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Love Your Physical Self "Start Changing Your Life For The Better" Running Time: 1 Hour 0 Minutes

Secretly disliking any part of your body can hold you back from so many of life's adventures. Stop worrying NOW and begin the journey into freedom. Accept what you cannot change and move forward once and for all, with this amazing new subliminal recording. Our overall self-esteem is more closely related to the way we see ourselves than it is to the way others see us. How we see ourselves is important to our physical and emotional health. Our most fundamental sense of ourselves is as a body; therefore, our body image is closely related to our sense of overall worthiness. Our self-destructive behaviors may begin with thoughts such as "I'm too heavy" or "My nose is too long." But such thoughts can be changed. We can exercise our imagination to begin to change the way we see ourselves. Because body images reside in the mind, our goal is to teach our minds to be our allies rather than our enemies. This powerful CD is set to do just that.

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