

Mp3 Chris Smedley - Love Yourself Thin / Affirmations

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Self Hypnosis- Let Chris Smedley help you loose weight by changing your internal image; Half an hour of positive statements to subconsciously guide you to your perfect body weight, naturally and easily. 12 MP3 Songs NEW AGE: Healing, SPOKEN WORD: Instructional Details: Chris Smedley is a a registered nurse and certified hypnotherapist. She has had training in Reiki, and advanced training in healing touch, energy medicine and theraputic touch. She has been on the Nursing research committee at the Vetrans Hospital in San Diego and is a past board member of the American Phychographical Society. As a nurse in the operating room for 30 years she has seen the value of traditional medicine and has explored many alternative therapies. Her interest in these processes that have no side effects and are simple to use have allowed her to produce a series of hypnotherapy CDs to help people create their internal and external image through energy balancing and hypnotic suggestion. Chris's cds include, Love yourself thin, Smoke no more, and Self Hypnosis made easy.

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