

# Mp3 Sheri O. Zampelli, M.s., Cch - It's Safe To Be Thin

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Whether you want upbeat affirmations to listen to in the car or a hypnosis session to relax with your eyes closed, this CD has all you need to release blocks to stress-free slimming. 5 MP3 Songs NEW AGE: Self-Help, NEW AGE: Relaxation Details: Product Description It's Safe to Be Thin is a CD designed specifically for a person who consciously or unconsciously holds on to extra weight as a form of protection. The soothing, reassuring words on the CD will encourage the listener to claim their own power, trust their own judgments and perceptions, let go of the past, set boundaries and adhere to them. The self-hypnosis session includes a powerful technique for clearing emotional blocks and breaking free from extra physical and emotional weight. This CD is unique because it includes: A full hypnosis session and 2 positive affirmation tracks One of the affirmation tracks is upbeat and one is relaxing. You can listen to the affirmation tracks in your car or during the night as you sleep. Use the power of repetition to your benefit! About the Author Sheri O. Zampelli M.S., CCH has a master's degree in counseling and is the author of From Sabotage to Success and program developer for Donate Your Weight - The Stress-Free Program to Stop Dieting, Get Slim and Help Others While Doing It. She is a certified clinical hypnotherapist with over 16 years of experience working with groups and individuals to create positive life change and gain freedom from addictions. She is a college instructor and has facilitated and participated in countless groups such as 12-Step, Master Mind and Weight Watchers. Sheri Zampelli struggled with weight and eating for 12 years before she discovered a solution that works for life, part of that solution includes regular use of positive recordings such as this one.

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