

Mp3 Susan Gayle, Ch - Drink Moderately (digital)

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There is hope. Susan Gayle has created the most relaxing and hypnotic CD just for you. Get yourself a copy of this vibrationally healing and highly inspiring CD today. Negative patterning will change and new patterns will emerge. 1 MP3 Songs SPOKEN WORD: Instructional, SPOKEN WORD: Inspirational

Details: Drink Moderately - CD by Susan Gayle, CH, Founder-New Behavior Institute "Your CD's are miracle workers indeed!" Michelle Anne Cox-Lomas, PhD Are you drinking more than you would like? Do you tell yourself you'll only have one and then realize you've had 4? Are you drinking most days and wish you could get control? This CD will teach you to moderate your drinking. You CAN have one drink, nurse it all night long and feel satisfied. You CAN go out with friends and not get sucked into drinking more than you want to. You'll feel proud and happy when you realize you've lost interest in that drink and your glass is only half empty! "I think of myself as one of the more cynical human beings and initially felt trepidation about the benefits of hypnotism but after my experience I am sold. It worked amazingly well for me."

Oliver M. Sales Associate This CD will teach you how to use the power of your subconscious mind to purposefully make the positive changes you want to make in your life. To take charge of your behavior and make choices that are right for you. You get to choose you are always the one that is in control, and now you get to use that control to take back your life. Take back your control over your drinking. You can do it and this CD is the tool to make it happen. Take charge now buy this CD and feel in control again of yourself, alcohol, your life. "This is the new me, the real me. Thank you, Susan!" Ed Retired Teacher/Social Worker "My expectations were far exceeded." K. Lewis - Account Executive Published by Susan Gayle, CH. 2007 Audio CD, 40:41 minutes

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