

Healthy Living Series

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Each of the free weightloss motivation programs below consist of background music, a 5 to 8 minute "pre-talk" regarding tips on the subject followed by a 15 to 20 minute hypnotic relaxation exercise designed to help the listener to induce a deep state of relaxation...then offering the listener mental programming imagery and affirmations appropriate to the topic at hand -- right at the point were the mind becomes most open and receptive to visual and auditory suggestions and imagery for healthy living.

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