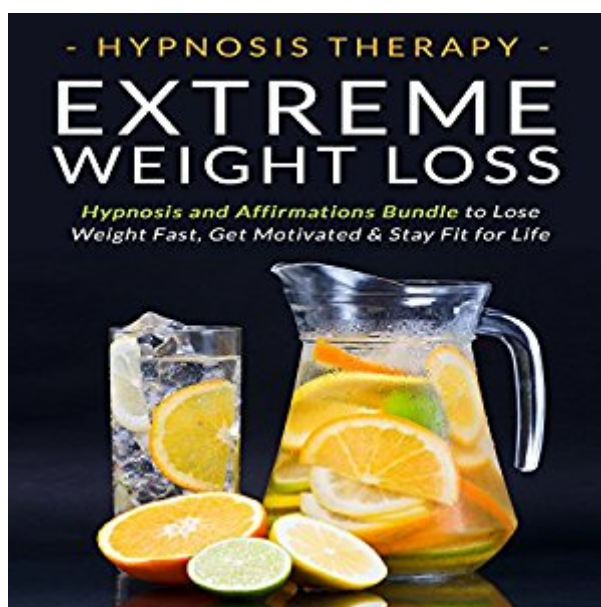


The book was found

Extreme Weight Loss: Hypnosis And Affirmations Bundle To Lose Weight Fast, Get Motivated And Stay Fit For Life



Synopsis

The journey of weight loss can often feel like a roller coaster. Life will throw curveballs at your fitness goals, and it's up to you to keep yourself on track. This weight loss bundle is meant to strengthen your determination about staying fit and following a healthy diet. This bundle includes the following audiobooks: 1. Lose Weight Fast: Hypnosis for Extreme Weight Loss and Staying Fit for Life This hypnosis session uses neuro-linguistic programming, also known as NLP, to directly influence the subconscious mind with specific sentence structures and speech rhythms. While the sentence patterns might be confusing for the conscious mind, they are received clearly and directly by the subconscious. This hypnosis session will help you: Lose weight faster Supercharge your weight loss motivation Develop a positive attitude toward fitness and weight loss Send weight loss motivation directly to your subconscious 2. Weight Loss: Affirmations to Help You Lose Weight and Reach Your Fitness Goals These weight loss affirmations are about finding that endless well of motivation to take care of yourself and love your body. By training your brain to love fitness and wholesome food, you will naturally encourage faster weight loss in a healthy way that strengthens your body. Your relationship with food and exercise starts with your thoughts. These weight loss affirmations are intended to help align your thought process with your weight loss goals and long-term fitness plans. Don't waste another minute feeling down about your weight. Take control of your future, and start feeling great about yourself, while shedding pounds faster and easier.

Book Information

Audible Audio Edition

Listening Length: 2 hours and 34 minutes

Program Type: Audiobook

Version: Original recording

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