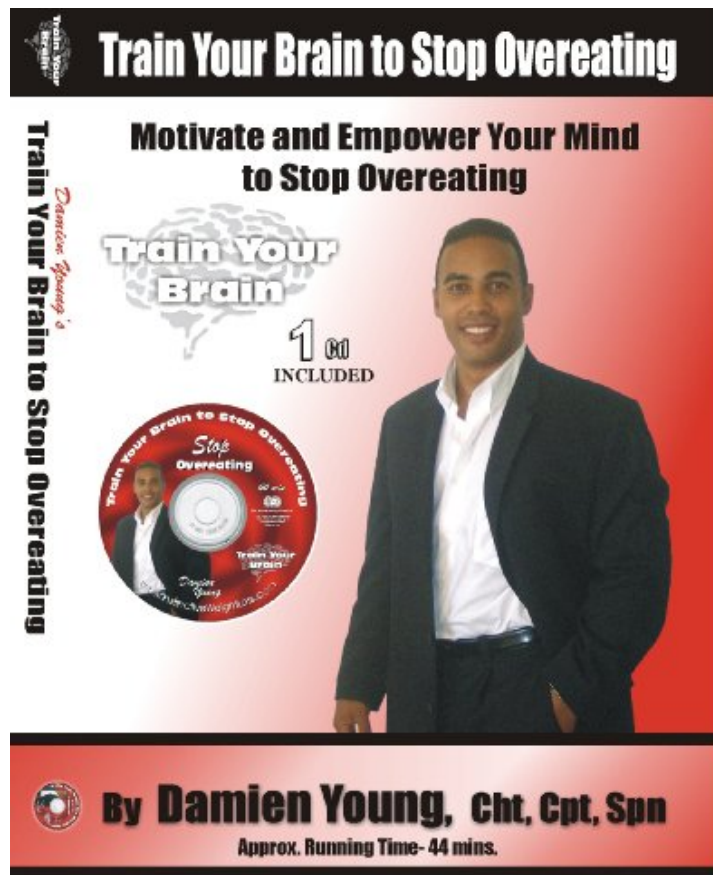


[Mobile pdf] Train Your Brain to Stop Overeating - Self hypnosis CD to Curb the Appetite, Eat Healthier and Lose Weight without Dieting

Train Your Brain to Stop Overeating - Self hypnosis CD to Curb the Appetite, Eat Healthier and Lose Weight without Dieting

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#3595670 in Books 2011-02-11 2010-12-01PDF of discs: 1Format: Unabridged 6.00 x .50 x 4.00l, .16
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Lasting Results | File size: 40.Mb

From Stay Young Fitness Corporation : Train Your Brain to Stop Overeating - Self hypnosis CD to Curb the Appetite, Eat Healthier and Lose Weight without Dieting before purchasing it in order to gage whether or not it would be worth my time, and all praised Train Your Brain to Stop Overeating - Self hypnosis CD to Curb the Appetite, Eat Healthier and Lose Weight without Dieting:

2 of 2 people found the following review helpful. Great Hypnosis CD!!!!!!!By Rapunzel111This is a great hypnosis CD and it really works! I have used it once and already I am eating less and making better food choices.I like this CD because I own several hypnosis CDs and this one is not overwhelmingly looong,but just 15 minutes.There is a lot to be said for keeping it short and sweet.I think the program holds my interest more because it is only 15 minutes and the short time commitment makes this a CD that anyone can commit 15 minutes to using for self improvement.The author

has a lot of experience with being a person committed to health and personal fitness so I trust him for delivering hypnotic messages that will make sense, and help those of us who are struggling with overeating. I would recommend this to anyone and I am very impressed. 0 of 0 people found the following review helpful. self hypnosis ?By Carol I am not sure if I like it or not, as it skipped and missed through most of the cd...I tried it on other cd players and it did the same thing...so, the quality of the CD appears not to be that good...I am sure, if I could have heard it all the way through, it would have been ok. 0 of 0 people found the following review helpful. Very poor quality By K. Striegel I got this in a set and every disk either skipped or had trouble loading! They are very poor quality!

Train Your Brain to Stop Overeating does exactly what it reads. One of the World's foremost experts on mind/body fitness, Damien Young helps to train your brain to eliminate the urges and desires to eat when not hungry and to stop when full. By training your subconscious mind to eliminate these urges, you'll begin to notice your overeating fade away. Overeating, or emotional eating is the biggest cause of weight gain. By training your brain to stop overeating, you'll notice weight loss that is immediate, and life-long. There is one audio cd containing 2 separate tracks. Track one is designed to give you the reasons behind overeating as well as some simple solutions you can consciously take starting right away. Track two helps to put you into a very relaxed state, utilizing hypnosis to embed the information in track one deep into your subconscious mind. Once there, you can expect immediate, instant actions to stop overeating without you having to think about doing so. This product is extremely effective, enlightening, and is helping thousands of people lose weight in the most efficient manner possible.