

The book was found

Weight Loss



Synopsis

For best results, use this CD with a healthy diet and exercise program. This CD will help keep you at your healthy weight. I recommend a balanced diet that includes low fat, high fiber, high carbohydrate, and medium protein foods. Four meals a day are best. During your diet phase, never eat less than 800 calories a day. Every third week increase this by 300 calories per day for a week. Then return to your lower level. Exercise is also necessary to boost your calorie - burning muscle. If you exercise 20 minutes after a meal, your metabolism will be boosted. For a complete program use the following products in combination: Increase your Metabolism, Self-Esteem, Joy of Exercise, High Performance Living, and Calm and Relaxed. Recommended reading Hilton Head Metabolism Diet by Peter Miller. Track 1 is a Self-Hypnosis and Subliminal Program. Hypnosis is centuries old and time-tested, and new advances make it a potent, powerful and effective tool for tough problems. You are guided into a relaxed, natural learning state. Positive suggestions then fill your mind. Your unconscious mind is guided to maintain a healthy weight. Results can occur immediately. The more you use the CD, the better it works. Track 2 is a Subliminal Learning Program. You hear only the sounds of beautiful music and ocean waves. Hidden beneath these sounds are specially designed messages. Only your unconscious mind hears these healthy, powerful messages, turning them into positive feelings and improved abilities. Body and mind adjust to being a slimmer you!

Book Information

Audio CD

Publisher: Metacom (November 11, 2000)

Language: English

ISBN-10: 0886764491

ISBN-13: 978-0886764494

Product Dimensions: 5.5 x 5 x 0.5 inches

Shipping Weight: 1.6 ounces

Average Customer Review: 4.0 out of 5 stars Â Â See all reviews Â (1 customer review)

Best Sellers Rank: #5,914,671 in Books (See Top 100 in Books) #69 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets #2510 in Â Books > Self-Help > Hypnosis #2781 in Â Books > Books on CD > Health, Mind & Body > General

Customer Reviews

I really like this CD. I find the suggestions to be good, and the voice fine to listen to. I don't think I'm listening to it often enough, but I am continuing to use it. It's all good messages. Thanks!

[Download to continue reading...](#)

Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss - PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) Ketogenic Diet: 5 Weeks Ketogenic Plan - Weight Loss Recipes - Easy Steps For beginners (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet,Beginners Guide) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Practical 30 Day Paleo Program For Weight Loss - Paleo Diet: A BEGINNER'S GUIDE TO HEALTHY RECIPES FOR WEIGHT LOSS AND OPTIMAL HEALTH'(paleo diet, diet challenge, paleo guide to weight loss) Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) The Instinctive Weight Loss System - New, Groundbreaking Weight Loss Product- 7 CD's, Over 7 hours of Hypnosis for Weight Loss and Mind Reconditioning Sold in Over 40 Countries Worldwide Weight Loss Box Set: Learn The Secrets of Weight Loss (weight loss, vegan diet, good gut) Mudras: Mudras For Weight

Loss: 15 Easy Hand Gestures For Easy Weight Loss (Mudras, Mudras For Beginners, Mudras For Weight Loss) Intermittent Fasting: 6 Intermittent Fasting Methods For Weight Loss, To Burn Fat, Build Muscle and Loose Weight By Eating Naturally. An Intermittent Fasting ... Loss, Intermittent Fasting For Weight Loss) Weight Watcher for Rapid Weight Loss: Lose Up To 30 lbs. in 30 Days (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) How To Lose Weight Without Diet and Exercise: How To Lose Weight Without Moving: Rapid Weight Loss: The Lazy Person's Guide For Weight Loss

[Dmca](#)