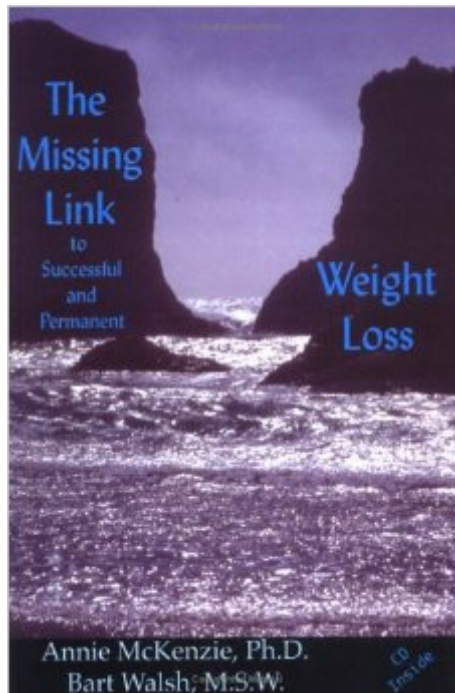


The book was found

The Missing Link To Successful Weight Loss (Book And Hypnosis Cd)



Synopsis

This book and audio CD package offers something refreshingly new to those desiring healthy weight management. Although this is not a diet book, it works well both as a powerful reinforcer of other weight loss programs or on its own. Explore how to use unconscious resources through specific body-mind communication, how to reduce stress hormones involved in weight gain, how to design a program that is right for you, how to simplify choices to support priorities, how to complement weight loss with sound, color and scent. The CD employs Ericksonian principles and sound technology to stimulate unconscious resources instrumental in supporting healthy weight loss goals.

Book Information

Paperback

Publisher: Peaceful Pilgrim Press (2004)

Language: English

ISBN-10: 0975550403

ISBN-13: 978-0975550403

Product Dimensions: 8.8 x 6 x 0.5 inches

Shipping Weight: 5.6 ounces

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #3,651,980 in Books (See Top 100 in Books) #51 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets](#)

Customer Reviews

I have been a yo-yo dieter for my entire adult life. I've lost and gained the same 15 pounds many times over. Until now, I was never successful in sticking to an eating/exercise plan for more than a few days at a time. The sugar cravings would always catch up with me and I'd be right back where I started. I thought it was time to try something new, so I took a chance on this CD. First I read the book, which was really quite helpful and thought provoking on its own. I loved the idea that we each have inside of us an "inner helper" who knows what is best for us. I've listened to the CD almost every night before I go to bed for almost a month. I've been working out regularly and staying on a healthy food plan, and I've lost 8 pounds so far. I have no idea how the CD works on my mind, but it does. For whatever reason I have no desire to eat junk or large quantities of anything, and I actually look forward to exercising. I'm not saying that this is magic and that listening to the CD will control your mind to stop you from lying on the couch and eating chips all day if you're not motivated to

change - although it might. I went into this as a highly motivated person because I'm starting a big new job next month and I didn't want to take this extra weight with me. So, to use a cliché, I think you have to "want" to change. But still -I really believe that reading the book and listening to the CD has given me the boost I needed to make these good habits I'm cultivating into a lifestyle. If you're open to this, I highly recommend it and think it's been more than worth the money. Thank you, Dr. Annie!

If you're looking for a book to tell you exactly what to eat how much to eat and when to eat it, you probably don't want this book. But if what you are looking for is some insight on why those fad diets don't work and a helping hand on how to get your subconscious mind set to lose weight then this is the book for you. I read this book just a few days ago and have listened to the CD only a couple times and already I find myself eating less and less and picking healthier foods without even thinking about it. I highly recommend this book to anyone who is sick and tired of the fad diets that yo yo your weight up and down, and are instead ready for something that will change your eating habits permanently.

I've been listening to the CD every night before going to bed and find it extremely relaxing. There are different voices/messages playing out of each earphone, so it's best if you have a good set of stereo headphones. Sometimes I listen to the right, sometimes to the left, and at times I settle in the middle. But with no effort on my part, I have been eating less and desiring to exercise more. The messages are very powerful. For example, I recall a message that goes something like 'you remember to forget to buy snack foods at the grocery store'. And I could hardly believe it when my grocery cart was not loaded with goodies once I got to the checkout because I actually did 'remember to forget'. This type of phrasing must be what is most effective to the subconscious. It's not a magic bullet. You have to start with a desire to change. Then as you listen on a regular basis as well as read the book, you will find yourself making the changes with ease. I've always believed we had an 'inner helper' which I relate to as my spirit self. I like the book's approach of tapping into this inner helper, and other aids such as balancing your belly chakra to assist in achieving a normal weight.

It's a little annoying having a different speaker in each ear. I usually ended up listening to one or the other.

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