

The book was found

# Classic Weight Release



## Synopsis

Weight Release - Hypnosis for weight management is proven effective and supportive to your general health and well-being. Successful weight reduction can be accomplished once you put the power of your mind to work in managing your body. Your weight loss can be natural and without the conscious effort or struggle. This natural method of utilizing the untapped energy of your mind to support your overall health and well-being is natural, normal and simple. Release Weight with Water - Water has been used for many years to heal all kinds of health conditions. Water is also used in helping people to reduce weight. Water is one of the best-kept secrets used to reduce weight from your body. It's a proven fact that water will help you to release the fat-storing toxins from your body. Hypnosis will help you to crave water and lots of it. In this hypnosis program, you will be programmed to want water, to want to exercise and to want the right kinds of food. The focus is mainly on water and in feeling a new sense of appreciation and self-love every time you pour water into your body. You will love water and make it a permanent part of your life. Remove Cellulite - Your subconscious mind is amazingly powerful and controls everything your body does. In this program, you will show your subconscious mind how to release the impurities from your body through your natural elimination system. Your fat cells will be transformed and melted down as you focus and direct your attention to those cells during this hypnosis program. You can release cellulite just in certain areas or all over your body.

## Book Information

Audio CD

Publisher: Hyptalk.com, LLC (December 1, 2000)

Language: English

ISBN-10: 0967917611

ISBN-13: 978-0967917610

Product Dimensions: 7.3 x 5.3 x 0.4 inches

Shipping Weight: 4.8 ounces

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

Best Sellers Rank: #11,175,185 in Books (See Top 100 in Books) #98 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets #1173 in Â Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #3438 in Â Books > Self-Help > Hypnosis

## Customer Reviews

I have the pleasure to review the two audio tapes, narrated by the pleasant and comforting voice of

their author. The first tape, "Classic Weight

Release": \_\_\_\_\_ This audio CD presents valuable teaching on self-hypnosis as a mean of mastering and understanding the subconscious mind. It dissects the process of decision-making and its reflection on behavior, which determines our habits of picking and choosing food. The spirit of the teaching is uplifting in exploring the great things in life that we take for granted and forget to take few minutes of our daily life to appreciate our blessed gifts. The audio has great background music and comforting narrating voice. My only take on the theme of this CD is related to her emphasis on drinking water for weight release. I believe that the effect of drinking water in releasing weight is little exaggerated. It assumes that drinking water a lot washes away impurities. That is unscientific. Although the author stresses on exercising three or more times a day, she contends that drinking water is equally effective in releasing weight. This view will not please people from scientific background. As far as hypnosis is concerned, weight release should be confined to the rule of hypnosis in modifying behavior and enhancing self-esteem without encroaching of the science of biochemistry and making inaccurate recommendation. The second tape, "Remove Cellulite": \_\_\_\_\_ This audio CD presents a great lesson in tricking the subconscious mind to function in a positive way through comforting suggestions on relaxation, also with great background music and pleasant narrating voice.

[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 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) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook-Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) 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) Release Your Pain: Resolving Repetitive Strain Injuries with Active Release Techniques Release Your Pain - Resolving Soft Tissue Injuries with Exercise and Active Release Techniques Weight Watchers: Smart Points Guide - 77 Delicious Weight Watchers Recipes For Rapid Weight Loss! (Smart Points, Weight Watchers Cookbook, Weight Watchers 2016, Recipes) 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) Classic Weight Release WEIGHT WATCHERS RECIPES: Weight Watchers

Slow Cooker Cookbook The SmartPoints Diet Plan: Easy Crockpot Recipes for Rapid Weight Loss including SmartPoint™ (Weight Watchers Smart Point Recipes) Heart Health: Heart Healthy Cookbook: 30 Quick & Easy, Heart Healthy Greek Recipes For Smart Heart Health (cooking, weight loss, weight maintenance) (cooking, ... weight maintenance, weight watchers Book 1) 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) 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 Weight Watchers: Fast Start For Beginners. Friendly Guide That Will Help You To Lose First 20 Lbs In 20 Days: (Weight Watchers, Weight Watchers Simple ... loss tips, weight watchers for beginners) The Ultimate Guide to Weight Training for Racquetball and Squash (The Ultimate Guide to Weight Training for Sports, 18) (The Ultimate Guide to Weight ... ... Guide to Weight Training for Sports, 18) Intuitive Eating for Weight Release: Hypnosis/Meditation CD Weight Release 4CD Set - Eight Sessions Classic TV: WESTERNS 1 - SIX COMPLETE CLASSIC TELEVISION COWBOY COMIC BOOKS: OVER 200 PAGES OF COWBOYS, INDIANS AND OUTLAWS (CLASSIC TV COMIC BOOKS) Healthy by Design: Weight Loss, God's Way: A Christian Devotional Guide to Lose Weight, Feel Great and Reflect God's Glory (1 Cor 6:19-20) (Biblical)(Weight loss for Christians)

[Dmca](#)