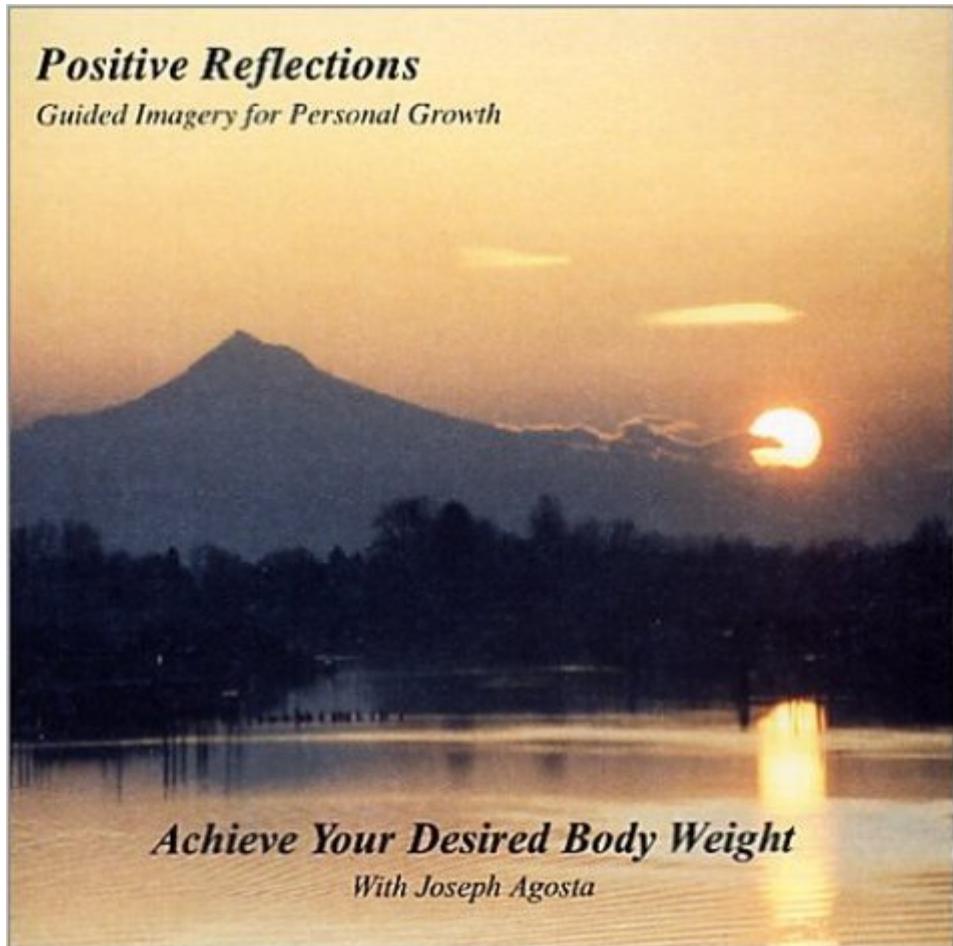


The book was found

Lose Weight: Achieve Your Desired Body Weight



Synopsis

This guided meditation recording uses relaxation techniques to help the listener enter a state of consciousness whereby their unconscious mind is more susceptible to positive suggestions, affirmations, and metaphors. Desired changes will be made from the inside out. Satisfaction is guaranteed. Results will vary.

Book Information

Audio CD

Publisher: Northwestern Audio (October 2003)

ISBN-10: 1587450062

ISBN-13: 978-1587450068

Product Dimensions: 5.6 x 4.9 x 0.4 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 starsÂ See all reviewsÂ (1 customer review)

Best Sellers Rank: #3,603,429 in Books (See Top 100 in Books) #50 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets #737 inÂ Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #1779 inÂ Books > Self-Help > Hypnosis

Customer Reviews

Excellent self hypnosis audio CD

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