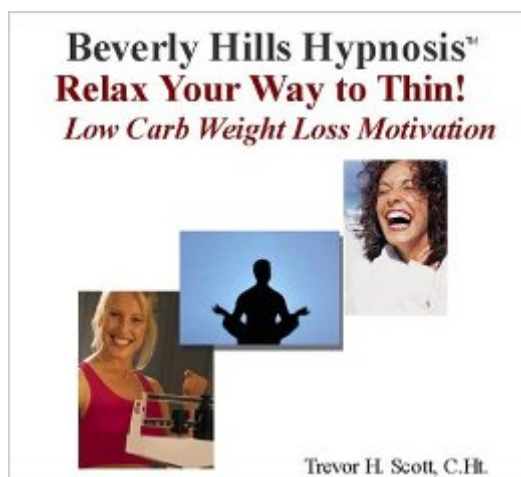


The book was found

Relax Your Way To Thin! (Low Carb) Hypnosis Weight Loss Motivation



Synopsis

Hypnosis Weight Loss. Fast - Easy - Effective! Imagine craving salad instead of chocolate or an apple instead of ice cream simply by listening to this Hypnosis Weight Loss CD as you drift to sleep each night! Weight loss can be that easy! Your impulse to eat carbohydrates and unhealthy food originates in your subconscious. This weight loss hypnosis CD stops these unwanted cravings at their source. When your subconscious mind supports your weight loss goals, you will naturally make healthier choices. Permanent Weight Loss has never been easier! Why is "Relax Your Way to Thin! Low Carb" so effective? By creating direct access to the most powerful part of the mind, the subconscious, you can teach your subconscious mind to automatically act in the ways that best suit your goals, rather than relying on poor habits that you've built up over the years. When you align what you consciously desire with your subconscious motivations...your possibilities are endless! Can everyone be hypnotized? Yes. Have you ever been driving a familiar route home and suddenly arrived at your destination without remembering the last few minutes of the drive? This is one example of our subconscious mind taking over the routine details of life. Our subconscious mind handles most of our day to day activities. That is the subconscious mind's job - to handle the details of life, while our conscious mind handles the more important needs. Most clients are amazed at how quickly they accomplish their desired results. Unlike traditional therapies, Hypnotherapy is able to help you reach your goals without going through years of self-exploration. When You Are Ready! Reach your goals faster than ever! You can and will make permanent, positive changes in your personal and professional life. Beverly Hills Hypnosis offers an effective, relaxing, drug-free choice for change.

Book Information

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Customer Reviews

I would have to disagree with Karen K who said the voice and music were irritating. I found the narrators' voice to be extremely soothing and the music to be beneficial and relaxing. In fact, for all the hypnosis tapes I've ever used, this is by far the most relaxing. I'm able to go into an extremely deep trance and always come out with the suggestion at the end (that's how I know I didn't just fall asleep). I only gave it 4 stars so far, but will update it in a couple of weeks when I see how well it works. I've been using it twice a day for two days, today is the third, and haven't seen any changes in my appetite or eating yet. It says to use it for 21 days. I don't know if that means you'll only see significant results after 21 days, or what, but I'll keep this review updated to let you know if I've lost any weight. If not, then at least I have had some incredibly relaxing sessions while I'm listening to the tape. Day Five: I found when I went to the market I chose only healthy foods and stayed away from the junk food without even thinking about it. I checked the fat content on all food even if it said "light" or "low fat." When I saw chocolate and thought I'd like some it was immediately followed up with the thought that I didn't want to buy it. The hardest part is getting out of the store without the junk in the cart. At home, I've noticed I have not wanted to eat between meals.

After having so much success with Trevor's cd "Your Power Within" I had to try "Relax Your Way to Thin." I've lost 17 pounds so far and it is fantastic! I've never wanted to say I'm on a "diet" and I didn't really want to change my eating habits. But, after listening to the cd, my whole attitude about food and healthy eating habits started changing. It made me realize that I wasn't denying myself anything by eating healthier, I was actually giving myself more. The weight started coming off, I'm feeling great and I'm sleeping soundly. Awesome CD, I highly recommend it for anyone wanting to lose weight.

I was skeptical, but I have to admit it really works. I have tried countless diets in the past, but after losing a few pounds, I would go back to my old way of eating and gain it all back. "Relax Your Way to Thin" really helped me change the way I think about food and I have been able to keep the weight off.

I just wanted to say thank you for your CD and it is starting to change my life. I feel in control when it comes to food and eating now. I used hypnosis to stop smoking then I turned to food, but now I have let that addition go as well now. I hope to let go of my need for addiction and gain more control of my identity and emotions. Continue doing what you do it does reach people and it helps thank you.

This is an amazing CD with incredible results! I have always had weight problems, tried all the fad diets and always gained the weight back. Trevor has a soothing, reassuring and relaxing voice that has helped me to really start losing the weight. I have never looked or felt better, and I'm keeping the pounds off. This program has truly changed my life and I owe it all to Trevor. Thank you!

I had gone to a Hypnotherapist before to lose weight and did not have much luck. However, I decided to try Trevor's method...and it works!! My eating habits changed dramatically after only listening to the cd twice. It is the most relaxing experience I have ever had. This cd allows you to fall asleep, so I listen to it while I am going to bed. It says that even if you do fall asleep your subconscious will receive the messages that Trevor sends, without a doubt, it does! I am really amazed by this cd! I am getting ready to order his cd's for exercise and to quit smoking. Thank you Trevor!!!

After using this weight loss CD, I am truly a believer! I have to say that I was more than a little skeptical at buying a 'hypnosis' CD, thinking it would work better than my \$100/mo gym membership, my point counting with WW, or my pre-packaged food from JC, but I was truly desperate. My doctor had said that because of my age (I'm not THAT old ;-)) and my diabetes that I simply HAD to lose weight. And after crazy diets, numerous weight-loss programs, and several different attempts at regular exercise, I was really at the end of my rope. THEN I heard about this CD from a neighbor and thought it couldn't hurt and was definitely cheaper than many of my other options. So every night, as I went to sleep, I'd lay in bed and start listening to the soothing voice saying, "Hello, I'm Trevor Scott..." I say start listening because between the voice and the soft music, I fell asleep almost immediately. (It's probably worth the investment if you have trouble sleeping too. :-)) Anyway, over the next five months of having Mr Scott put me to sleep, I dropped just over 40 pounds!!! Now, I had lost weight before, but then once I stopped the plan, I'd gain it all right back. Well, it's been two years now, and I've maintained the whole 40 pound weight loss, and am now coming back for more. I'd like to lose a little more and have decided to rekindle my

relationship with my sleepy time buddy and relax my way to thin...some more. I can't say enough good things about this CD. And all it cost me was the initial purchase...and the cost of lots of new, and smaller, clothes.

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