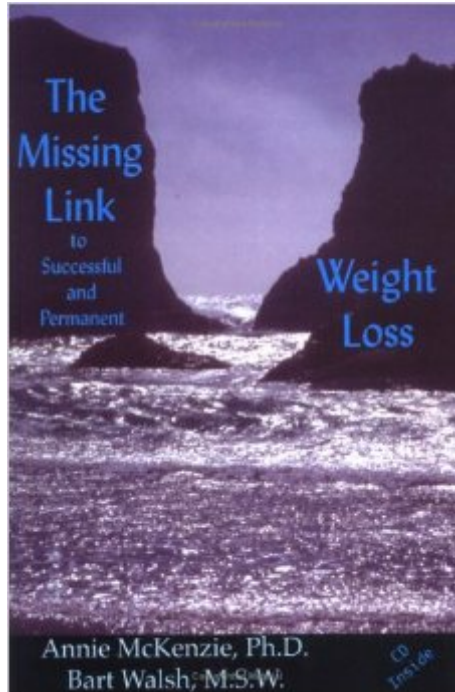


The book was found

# 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 Â See all reviews Â (4 customer reviews)

Best Sellers Rank: #3,651,980 in Books (See Top 100 in Books) #51 in Â 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.

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

HYPNOSIS FOR WEIGHT LOSS: SELF HYPNOSIS as you read (FREE Life Mastery Bonus Toolkit Included!) (Self Hypnosis As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio Book 3) Hypnosis: Self Hypnosis, NLP & Mind Control 6 Steps To End Depression, Anxiety & Stress FREE BONUS (Hypnosis, Mind Control, NLP, Self Hypnosis, Hypnosis ... Hypnotism, Self Hypnosis For Beginners) The Missing Link to Successful Weight Loss (Book and hypnosis cd) 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) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Hypnosis: Master Hypnosis, Learn hypnosis now (Hypnosis, Hypnotism, Self Hypnosis, Mind control) UNEXPLAINED DISAPPEARANCES & MISSING PEOPLE.: MISSING PEOPLE CASE FILES; UNEXPLAINED DISAPPEARANCES; MISSING PEOPLE. (UNEXPLAINED DISAPPEARANCES : MISSING PEOPLE Book 2) 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 Rapid Weight Loss: Hypnosis for Losing Weight Fast and Increasing Your Motivation to Lose Weight via Beach Hypnosis and Meditation Hypnosis Diet, Wendi's Hypnosis for weight loss PLUS EIGHT audio hypnosis MP3s 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) 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) 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) Lose Weight Fast: Hypnosis for Extreme Weight Loss and Staying Fit for Life via Beach Hypnosis and Meditation 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) Perfect Self Hypnosis: Lose Weight In Your Sleep: Create the perfect self hypnosis audio for yourself or as a gift for natural, diet free, weight loss in 30 days

[Dmca](#)