



Weight Loss Guided Self-Hypnosis: Appetite Reduction & Workout Motivation, Bonus Body Work Chapter

Anna Thompson

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This *Weight Loss Guided Self-Hypnosis* program was designed to assist the listener in gaining a positive body image, making healthy food choices, suppressing appetite, and getting motivated to exercise. Included you will find an introduction to hypnotherapy, a guided self-hypnosis track, an extended title specific affirmations track, a meditation track (partly guided, with Solfeggio frequencies) and as an extra bonus, an exciting and powerful drum journey, bodywork track using an alternate induction, hypnotic drum beats and posthypnotic suggestions related to weight loss. This drum journey is designed to get the listener out of their brain and back into their body. Many find this useful for releasing energy blocks, healing and integrating the mind, body and spirit.

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