



Lose Weight Fast: Hypnosis for Extreme Weight Loss and Staying Fit for Life via Beach Hypnosis and Meditation

Dr. John Landers

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Losing weight can be difficult if you don't mentally prepare for the journey. Hypnosis is a way to prepare your subconscious for positive change and weight loss. This hypnosis is about 14 minutes long and is a part of the Beach Hypnosis and Meditation Series.

The beach is the most effective place to induce a mindful and relaxed state of mind. Research has indicated the sound of water has a calming effect on the brain, leading to increased mindfulness, deep relaxation, and a feeling of being one with the universe. These healing properties occur even when just the sound of water is present.

This audiobook includes seven different ocean and beach soundtracks to help diversify your sessions. You can listen to a different version each day of the week or as often as you prefer. Each beach setting is designed to help you relax and increase the effectiveness of your session.

This audiobook includes the following seven beach settings:

1. Serenity on the Beach
2. Lakefront Home Private Shore
3. Quiet Reflection on the Beach
4. Gulf of Mexico Ocean Waves
5. Crashing Waves on Cliff
6. Ambient Oasis
7. Ocean Waves Crashing on Rocks

This hypnosis session uses neurolinguistic programming, also known as NLP, to directly influence the subconscious mind with specific sentence structures and speech rhythms. While the sentence patterns might be confusing for the conscious mind, they are received clearly and directly by the subconscious.

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Denita Lumley:

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Jeffrey Baptiste:

In this era globalization it is important to someone to acquire information. The information will make you to definitely understand the condition of the world. The fitness of the world makes the information simpler to share. You can find a lot of referrals to get information example: internet, classifieds, book, and soon. You can view that now, a lot of publisher that will print many kinds of book. The particular book that recommended for you is Lose Weight Fast: Hypnosis for Extreme Weight Loss and Staying Fit for Life via Beach Hypnosis and Meditation this e-book consist a lot of the information in the condition of this world now. This kind of book was represented how can the world has grown up. The dialect styles that writer use to explain it is easy to understand. Typically the writer made some research when he makes this book. That is why this book ideal all of you.

Robert Tanaka:

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