



Rapid Weight Loss: Hypnosis for Losing Weight Fast and Increasing Your Motivation to Lose Weight via Beach Hypnosis and Meditation

Jeffrey Morgan PhD

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This hypnosis is designed specifically for those who want to rapidly lose weight in a healthy way while increasing your motivation for achieving your ideal body. It is about 16 minutes long and is a part of the Beach Hypnosis and Meditation Series.

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

Your ideal weight is attainable with the right mindset. Creating positive change is as simple as rewiring your subconscious and conscious mind to make better choices. You have the power to change your body - and your life - today. It is recommended that you listen to this hypnosis for at least three weeks, as that is how long it takes to change a habit.

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