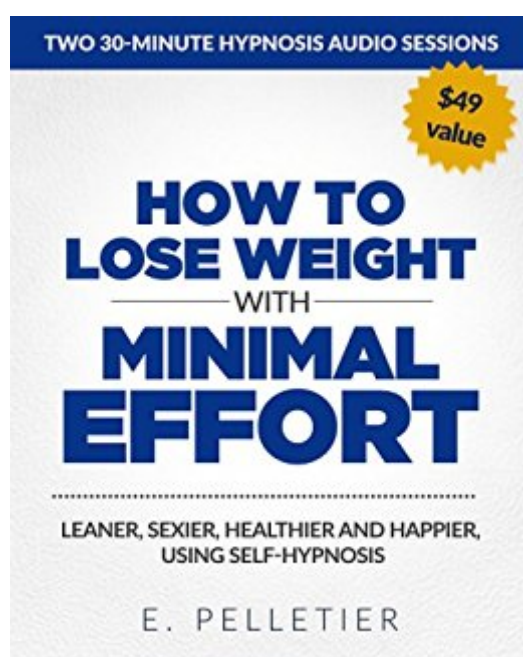


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How To Lose Weight With Minimal Effort: Leaner, Sexier, Healthier, And Happier, Using Self-Hypnosis (Weight Loss Book 1)



Synopsis

This program includes two 30-minute hypnosis audio sessions for weight loss. (This is a \$49 value package) **How to Lose Weight with Minimal Effort?** This program is twofold: 1. It'll give you the tools to transform current patterns (habits, behaviors, beliefs) that are preventing you from losing weight, at a subconscious level. Using this program, you'll establish desirable patterns "more appropriate to achieve your weight loss objective" in your subconscious. As you get rid of bad habits, beliefs and behaviors, and replace them for better ones, you'll start losing weight almost effortlessly. This can be easily done using hypnosis and self-hypnosis, and this program includes two hypnosis audio sessions to help you get rid of those undesirable patterns. 2. It'll give you the best nutrition and fitness hacks for rapid weight loss. I am a firm believer in the 80/20 rule (the Pareto principle), that stipulates that about 80% of the effect is due to 20% of all actions taken. That means that by changing 20% of your behaviors (instead of trying to change everything), you can attain 80% of the wanted result (weight loss target). With just a few tricks, you'll lose weight faster. **This Weight Loss Program Will Help You:** Get motivated to exercise Crave healthy foods Overcome cravings for unhealthy foods Stop binge eating Overcome emotional eating Get rid of bad eating habits Manage stress better Think like a slim person. **The Best Weight Loss Program Is One That Transforms Your Lifestyle Habits for Good** If you've been unsuccessful at losing weight (or maintaining a target weight) in the past, it's because the main ingredient required to succeed was missing: You first need to get rid of undesirable patterns buried in your subconscious mind. Without this step, there is little chance that you'll manage to get leaner, or at least not for a long period of time. It's like swimming against the current. You may stop eating sweets for a week, skip the chips for a weekend, and go for a long bike ride on a certain Sunday afternoon, but, at the end, the cravings will probably come back, the habit of eating dessert as well, and the tendency of seeking food for comfort too. Unless you reprogram your mind otherwise. With hypnosis, you can transform your lifestyle habits into ones that will lead to a slender you, almost effortlessly. **It's Not Another Weight Loss Diet Plan (That Doesn't Work)** This program also includes the best nutrition and fitness tips to help you reach your goal faster. You'll get: • How to lose weight fast • tips; you'll learn some nutrition and fitness hacks for faster results. • Health tips; I believe that being healthy should be your number one motivation in losing weight. • Exercise motivation; you'll get access to an audio session to help you get motivated to exercise. You may download this program now, and start taking control of your weight. **Topics tackled:** Hypnosis for weight loss Rapid weight loss diet How to lose weight fast How to lose weight for women

Book Information

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Customer Reviews

I really need this book right now. After I gave birth to my son, I gain extra pounds and every time I feel stressed, the kitchen is my comfort zone. And now I felt the changes in my body and all of my clothes are so hard to fit. I tried to go on fasting and lessen my food intake for a day or two then I get back to my eating habit again. So when one of the mom in school recommend me this book of E. Pelletier, I never doubted to purchased it and even read it twice. And I am glad I did purchased this book because the author is very practical and realistic in explaining what self hypnosis can do to help us lose weight. It had the big impact on that part, because if you convinced yourself to be fit and well of course you can, and that is the point of the author. In this book, the author gave us a better explanation of self hypnosis for our better understanding what can we benefited from doing it.. And I am telling you it worked because I just started to lessen my food intake, and I stopped emotional eating, I start buying healthy foods. The author is done her job well to create this beautiful helpful amazing book to convinced me to shred that extra pounds, start living healthy lifestyle and start going out for a walk as a starting exercise. Thanks to the author.

The author does a great job of introducing very doable strategies that are easy to implement and she manages to make the process enjoyable. I think it's important to focus on mindset when trying to have a healthier body and this is the book's greatest strength - helping people overcome long lasting and learned eating and health behaviors. I love the positiveness of this book. Great read.

I've read much information on weight loss topic. So I am not a professional expert, of course, but I am not new on this topic. This author has presented a lot of great information for people who are desperate about their excess weight. I should also agree with the author and admit everything is possible! Many other people have been there, and there is always something you may do about your weight. If some of the ideas just do not work for you, forget it and try something different. This book really gives numerous options. Each of the chapters gives the ideas and the hints you may try. Not all of them will fit all of us because we are all different, but you have to try what's best for you. Otherwise, it's really hard to lose weight.

I found this book absolutely fantastic. It really highlights unconscious habits that we all have when it comes to weight loss and how these can ultimately effect your happiness. This book was a great manual for motivating yourself to exercise and overcoming things like emotional eating. It's definitely something I will refer back to again and again as I continue on my weight loss journey. I'm very glad I bought this book.

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