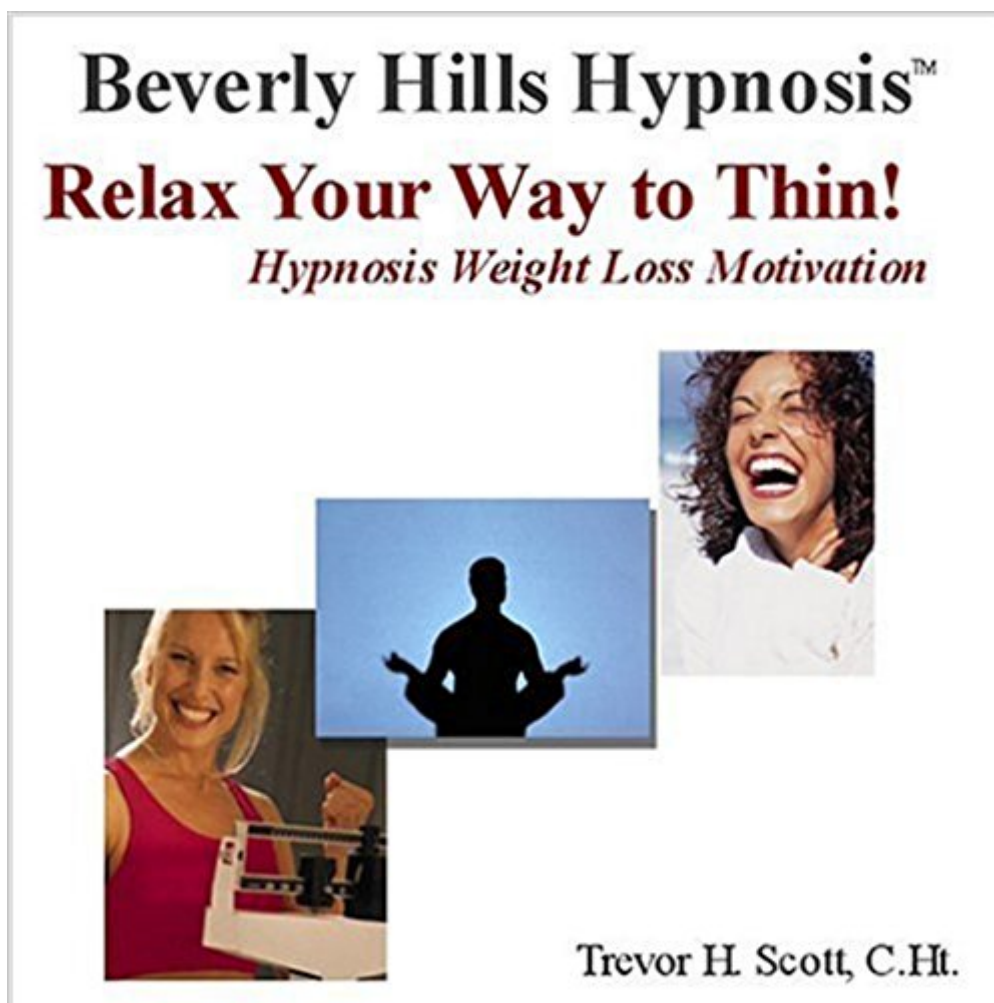


The book was found

Relax Your Way To Thin! Hypnosis Weight Loss Motivation



Synopsis

Hypnosis Weight Loss. Fast - Easy - Effective! Imagine craving salad instead of chocolate or an apple instead of ice cream simply by listening to this Hypnosis Weight Loss CD as you drift to sleep each night! Weight loss can be that easy! Your impulse to eat unhealthy food originates in your subconscious. This weight loss hypnosis CD stops these unwanted cravings at their source. When your subconscious mind supports your weight loss goals, you will naturally make healthier choices. Permanent Weight Loss has never been easier! Why is "Relax Your Way to Thin!" so effective? By creating direct access to the most powerful part of the mind, the subconscious, you can teach your subconscious mind to automatically act in the ways that best suit your goals, rather than relying on poor habits that you've built up over the years. When you align what you consciously desire with your subconscious motivations...your possibilities are endless! Can everyone be hypnotized? Yes. Have you ever been driving a familiar route home and suddenly arrived at your destination without remembering the last few minutes of the drive? This is one example of our subconscious mind taking over the routine details of life. Our subconscious mind handles most of our day to day activities. That is the subconscious mind's job - to handle the details of life, while our conscious mind handles the more important needs. Most clients are amazed at how quickly they accomplish their desired results. Unlike traditional therapies, Hypnotherapy is able to help you reach your goals without going through years of self-exploration. When You Are Ready! Reach your goals faster than ever! You can and will make permanent, positive changes in your personal and professional life. Beverly Hills Hypnosis offers an effective, relaxing, drug-free choice for change.

Book Information

Audio CD

Publisher: Beverly Hills Therapy; 1 edition (January 31, 2006)

Language: English

ISBN-10: 0976313820

ISBN-13: 978-0976313823

Product Dimensions: 0.2 x 4.8 x 4.8 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 3.5 out of 5 stars 38 customer reviews

Best Sellers Rank: #2,266,848 in Books (See Top 100 in Books) #30 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets #108 in Books > Books on CD > Cooking, Food & Wine #528 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation

Customer Reviews

"Trevor's help was so effective, I continue to recommend him to my family and friends." -- Paris Barclay, Director - "The West Wing", "ER"
"Trevor's talent gave me the ability to change my life." -- Rick Floyd, Art Director - "Vanity Fair", "Vogue"
"Trevor Scott is a miracle worker!" -- Hal Bastian, Dir. of Economic Development

Why are our Hypnosis programs so effective? By creating direct access to the most powerful part of the mind, the subconscious. With the help of Beverly Hills Therapy's Hypnosis programs, you can teach your subconscious mind to automatically act in the ways that best suit your goals, rather than relying on poor habits that you've built up over the years. When you align what you consciously desire with your subconscious motivations...your possibilities are endless! Can everyone be hypnotized? Yes. Have you ever been driving a familiar route home and suddenly arrived at your destination without remembering the last few minutes of the drive? This is one example of our subconscious mind taking over the routine details of life. Our subconscious mind handles most of our day to day activities. That is the subconscious mind's job - to handle the details of life, while our conscious mind handles the more important needs. Most clients are amazed at how quickly they accomplish their desired results. Unlike traditional therapies, Hypnotherapy is able to help you reach your goals without going through years of self-exploration. **When You Are Ready! Reach your goals faster than ever!** You can and will make permanent, positive changes in your personal and professional life. Beverly Hills Therapy's Hypnosis programs offer an effective, relaxing, drug-free choice for change. --This text refers to an alternate Audio CD edition.

I would have to disagree with Karen K who said the voice and music were irritating. I found the narrators' voice to be extremely soothing and the music to be beneficial and relaxing. In fact, for all the hypnosis tapes I've ever used, this is by far the most relaxing. I'm able to go into an extremely deep trance and always come out with the suggestion at the end (that's how I know I didn't just fall asleep). I only gave it 4 stars so far, but will update it in a couple of weeks when I see how well it works. I've been using it twice a day for two days, today is the third, and haven't seen any changes in my appetite or eating yet. It says to use it for 21 days. I don't know if that means you'll only see significant results after 21 days, or what, but I'll keep this review updated to let you know if I've lost any weight. If not, then at least I have had some incredibly relaxing sessions while I'm listening to the tape.
Day Five: I found when I went to the market I chose only healthy foods and stayed away from the junk food without even thinking about it. I checked the fat content on all food even if it said

"light" or "low fat." When I saw chocolate and thought I'd like some it was immediately followed up with the thought that I didn't want to buy it. The hardest part is getting out of the store without the junk in the cart. At home, I've noticed I have not wanted to eat between meals.

I was hesitant to buy/try this, because the whole "hypnosis" thing is scary for me. It seemed dangerous to put my naked psyche in the hands of someone I don't know. But I've struggled so much with compulsive binge eating that I didn't know what else to try. I don't, or should say, didn't overeat because of hunger. I would continue to eat far past being full. Diet pills, even though they effectively removed my hunger, didn't help. I was responding to something inside that drove me to stuff myself with food. What this CD has done for me is this: I no longer want to eat when I am full, and foods that I used to eat un-controllably - that I craved and ate 'til I was stuffed, no longer have power over me. I'll eat a little of them and am satisfied. I really am still shocked that this worked. I am changed, and am losing weight without even trying. I enjoy food, instead of being afraid of it. Plus I now have a different idea of hypnosis. Have you ever listened to guided meditation? It's just like that except the words being spoken are positive reinforcements along the lines of eating healthfully. Nothing spooky about it, just relaxing and powerful! I'm going to buy another CD to work on another personal issue.

In life, we all make decisions. Sometimes we made decisions about what we want to do for a living. Other times we finally make the decision to commit to lose weight. I made a decision to purchase Beverly Hills Hypnosis' Relax Your Way to Thin Hypnosis Weight Loss Motivation. I wonder if the hypnosis activities involved made me forget why I ever thought this could possibly ever work. Perhaps that was the magic of the hypnosis.....making me forget my stupidity. No, this didn't work. It was stupid. It doesn't work. It was ridiculous!!!

First of all, you have to be willing to believe that hypnosis or self-hypnosis will work for you. Not everyone buys into it and that's okay; it's not necessarily for everyone. For me, however, I have found hypnosis to be an effective tool for insomnia and anxiety in the past. I bought this cd on a whim and based on the reviews. Prior to using the cd I stayed hungry all the time... and I truly mean ALL THE TIME. I have not lost any weight with the product but I have found myself ordering healthier foods when I go out to eat (more veggies, less fats) and I also snack less at night, a bad habit that I have had for years. If I do have a snack a night it is light and I don't have to have a lot of it. I believe that the author/speaker relates that bringing the subconscious with the desires of the

conscious is a key element in success. While I have not lost any weight, I have not gained any either. I realize that I need to implement an exercise regimen into my life now to get things back to where they need to be. On a side note, this cd is very relaxing and, if nothing else, will help to put you to sleep - so there's a double benefit for you. I totally recommend this to anyone with sleep problems or hunger problems. The reason I didn't give it all 5 stars: there's more to getting thin than relaxing... there's got to be some calorie burn in there as well... so the title is a bit misleading. However, this is a great product and, as I said before, I highly recommend it.

I loved this CD. His voice and the music are very soothing. If you don't want people to tell you exactly what to eat, this is for you. "Low carb" is great for me because I always read nutritional values and can decide what foods contain the number of carbs I need. Some people say he is too quick and for some, that's the way they like it. I prefer that people be more goal oriented and not tell me about the history of hypnotism, why I should like it, compare it to things to which it has no relation, and other concepts unnecessary to the task.

I am impressed with this CD, and it is working for me. I think you sometimes click with a voice, the music, etc, and this has been a good CD for me. I do sometimes move it further into the relaxation phase (on my IPOD) since I use it at night and relax quickly. I've tried several such tapes/CDs over the years, and this one is the best.

This is a wonderful product. I had never done hypnosis before this and thought I would give it a try. To my delight, it really works! It has changed my way of thinking. I use it every night just as I am going to bed and I am so relaxed and sleep very well after the deep relaxation from the hypnosis. It is more than about weight loss. It helps to change your way of thinking to a more healthy way of eating and motivates you to change your life in positive ways. It is more about a lifestyle change than just losing weight. I would highly recommend this to anyone. It will change your life.

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