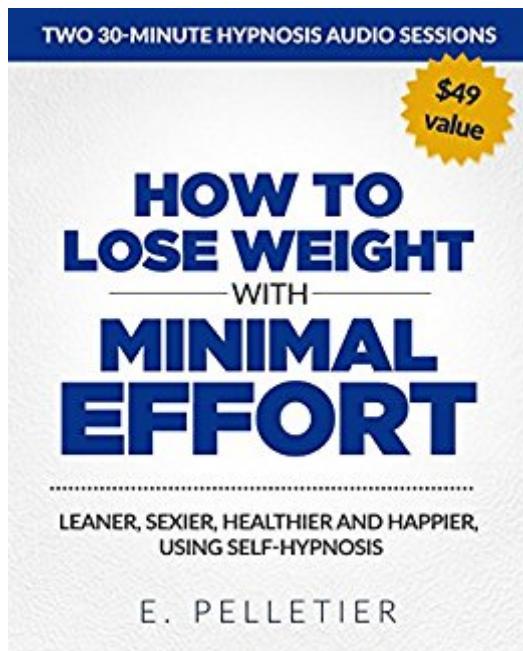


The book was found

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 patternsâ "more appropriate to achieve your weight loss objectiveâ "in your subconscious. As you'll get rid of bad habits, beliefs and behaviors, and replace them for better ones, you'll start losing weight almost effortlessly.This canÂ easily be done usingÂ hypnosis and self-hypnosis, and this program includes two hypnosis audio sessions to help you get rid of those undesirable patterns.2. It'll giveÂ you the best nutrition and fitness hacks for rapid weight loss. Â 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 LossÂ Program Will Help You:Get motivated to exerciseCrave healthy foodsOvercome cravings for unhealthy foodsStop binge eatingOvercome emotional eatingGet rid of bad eating habitsManage stress betterThink like a slim person.The Best Weight Loss Program Is One That Transforms Your Lifestyle Habits for GoodIf 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, â [The cravings will probably come back, the habit of eating dessert as well, and the tendency of seeking food for comfort too.Â 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.Â 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.Â You'll get:Â â œHow to lose weight fastâ • tips; you'll learn some nutrition and fitness hacks for faster results.Â Health tips; I believe that being healthy should be your number one motivation in losing weight.Â Exercise motivation; you'll get access to an audio session to help you get motivated to exercise.Â You may download thisÂ program now, and start taking control of your weight.Topics tackled:Hypnosis for weight lossRapid weight loss dietHow to lose weight fastHow to lose weight for women

Book Information

File Size: 289 KB

Print Length: 102 pages

Page Numbers Source ISBN: 1537400088

Simultaneous Device Usage: Unlimited

Publication Date: September 2, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01LHWEB8G

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #18,548 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #18 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Women's Health #19 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Alternative Therapies #55 in Books > Health, Fitness & Dieting > Women's Health > General

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.

[Download to continue reading...](#)

How to Lose Weight with Minimal Effort: Leaner, Sexier, Healthier, and Happier, Using Self-Hypnosis (Weight Loss Book 1) HYPNOSIS FOR WEIGHT LOSS: SELF HYPNOSIS as you read (FREE Life Mastery Bonus Toolkit Included!) (Self Hypnosis As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio Book 3) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Hypnosis: Self Hypnosis, NLP & Mind Control 6 Steps To End Depression, Anxiety & Stress FREE BONUS (Hypnosis, Mind Control, NLP, Self Hypnosis, Hypnosis ... Hypnotism, Self Hypnosis For Beginners) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision

Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Hypnosis: Master Hypnosis, Learn hypnosis now (Hypnosis, Hypnotism, Self Hypnosis, Mind control) The Women's Health Big Book of 15-Minute Workouts: A Leaner, Sexier, Healthier You--In 15 Minutes a Day! Perfect Self Hypnosis: Lose Weight In Your Sleep: Create the perfect self hypnosis audio for yourself or as a gift for natural, diet free, weight loss in 30 days Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Rapid Weight Loss: Hypnosis for Losing Weight Fast and Increasing Your Motivation to Lose Weight via Beach Hypnosis and Meditation Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat care, Kitten Care, Cat Behavior, Cat Language) Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) Green Smoothies for Weight Loss: Inexpensive, Simple Green Smoothies Recipes for Weight Loss That Gain Energy, Lose Weight and Make You a Healthier Person QUANTUM SELF HYPNOSIS STOP SMOKING NOW: Hypnosis Script & Inductions Included! (Quantum Self Hypnosis Singles Book 2) Rapid Weight Loss Affirmations: Positive Daily Affirmations to Help you Lose Weight Fast Using the Law of Attraction, Self-Hypnosis, Guided Meditation and Sleep Learning Lose Weight Fast: Hypnosis for Extreme Weight Loss and Staying Fit for Life via Beach Hypnosis and Meditation How To Lose Weight Without Diet and Exercise: How To Lose Weight Without Moving: Rapid Weight Loss: The Lazy Person's Guide For Weight Loss Mastering the Life Plan: The Essential Steps to Achieving Great Health and a Leaner, Stronger, and Sexier Body

[Dmca](#)