

SELF-HYPNOSIS
MEDITATION
For
**WEIGHT-
LOSS**
MAGNETISM



IGNITE MOTIVATION FOR A HEALTHIER YOU
TRANSFORM YOUR EATING HABITS WITH
AFFIRMATIONS AND MINDFULNESS

Transcendence Publications

Losing Weight Feeling Great With Self Hypnosis And Meditation

Catherine Elizabeth



Losing Weight Feeling Great With Self Hypnosis And Meditation:

Lose Weight Feeling Great Catherine Elizabeth,2002 *Losing Weight Feeling Great With Self Hypnosis and Meditation* Catherine Elizabeth,2003-03 Pilgrim Tales of a Traveling Cat is a cat s eye view of the life travels and adventures of an urbane feline sophisticate in the world of his favorite humans Although only the uncharitable would call Pilgrim a hustler when he meets his new family in an animal shelter he s already in charge riding on the vet s shoulder Pilgrim is clearly a people cat but he s still a cat and he s soon running the new digs defending his garden wall against intruders falling down storm drains devoting himself to his humans and winning them and us over **Lose Weight Naturally** Catherine Wiands-Annett,2014-04-22 One student loses over 100 pounds with enthusiasm easily and effortlessly Another student resists with all her might from freeing herself of unwanted pounds Why How did we overcome her resistance Learn processes used with her along with thousands of my other students nationwide Reap benefits galore Get excellent results as you Find your motivator Learn to use it to accomplish your weight and other goals Learn the 4 Ds and how they hold you back Use your million dollar redirect button to realize your dreams Catch and eliminate silent assassins Stop hurting emotionally Learn to work smart and not hard to achieve success Stop impulse eating Stop binge eating Learn why Self hypnosis and meditation are so powerful and effective Methods to stop impulse eating and to gain control over your emotions and your life are presented in a simplified manner here and can be used by all Learn the correct usage of affirmations Catherine provides the tools to get you from where you are in life to where you want to be They are a bridge to get you there easily quickly and effortlessly Start benefiting today from Catherines 35 years of experience in the Behavior Modification Self help and Self Image Psychology arena that she shares You might be interested in her book Nantucket Meditations as well **Rapid Weight Loss Hypnosis: How to lose Weight Fast and Increase Your Self Confidence Using Positive Affirmations. Powerful Guided Meditations to Stop Emotional Eating, Quit Sugar and Burn Fat** Anna Cure,2022-05-08 Are you looking for a completely Natural Way to Start Losing Weight Fast without the need to be on a super strict diet Then keep reading Let s be honest Probably you might have already tried numerous rigid diets with the hope of getting rid of that uncomfortable belly fat They didn t work out because you focused on the wrong thing and you ended up eating more and worse than before We all have lapses when we overeat or snack on the wrong foods Far too often you then might experience self criticism and disappointment The voice beats you up by calling you weak or a failure When you are on a diet others may maliciously try to change your way of thinking by marginalizing the decision you had made to change Face the fact that diets alone don t work and it s easy for your willpower to be disrupted But this is your life and only you can alter its direction The Hypnotic Wisdom of Weight Loss is not willpower and is not short term By exercising the methods in this book you are creating a plan for an exceptional life a lifestyle change that will create memories whichever way you turn giving you greater fulfillment You will smile more You ll have more friends and a whole new outlook I still haven t mentioned weight loss have I

Your weight is just one element of your lifecycle by setting goals and acting you will move more By planning what and when you are already making tiny changes increasing the balance of healthiness By feeling better and creating lots of that pleasure energy you cannot fail to succeed By reading this book you will learn The Winning Mindset that will help you to Stay Fit for life and how to achieve it 100 Powerful Positive Affirmations to activate your subconscious mind 10 Guided Meditation Hypnosis sessions to Boost Motivation and Emotional Control Successful Habits to finally start loving your body 15 Tips to maximize your Weight Loss The 8 most common mistakes that prevent people from losing weight And much more Hypnosis works by planting the seeds of accomplishment in your brain and reinforcing them until they become a piece of who you normally are The great recommendations that you ll get during the sessions will revise the speculation designs in your intuitive personality and make it another conviction that will essentially program you for achievement in any everyday issue Interested in Learning More Get Your Copy to Get Started

Rapid Weight Loss Hypnosis for Women Hypnotherapy Academy, 2022-10-17 Reshape Your Body with Your Mind Discover the Power of Self Hypnosis and Think the Weight Away When your the word hypnosis probably the first thoughts that come to your mind are What is weight loss hypnosis Does extreme weight loss hypnosis work Is hypnosis safe for weight loss Lots of questions will cross our mind when we discover something new mainly when this concerns our health and it s totally legit to ask yourself all these questions Now you can finally answer to all of them In this book well known publisher Hypnotherapy Academy will clarify all your doubts about hypnosis for weight loss providing you with a powerful set of weight loss hypnosis to lose your weight rapidly and with no efforts Here some of the things you re going to discover Instant hypnotic tricks that allow you to double your motivation and create permanent change without any willpower How hypnosis can be used to naturally eliminate addictions and the ONE power induction used by Master Hypnotists The secret technique used to meditate like a monk and that can instantly solve 99% of all weight loss problems out there The exact hypnotic methods used by Hollywood celebrities and how you can benefit from the same hypnosis The mistake that 97% of the public makes when it comes to changing habits and the one hypnotic technique that will change your entire life The most common and powerful forms of hypnotic language patterns that will make everyone fall immediately in a state of trance Some of the most common misconceptions about hypnosis and the key factors you must consider when choosing an effective program The exact weight loss hypnosis techniques used to successfully help people shed 40 pounds on Dateline NBC s Ultimate Diet Challenge And The Biggest Set of Guided Hypnosis to Lose Weight ever published Probably you still wonder about the benefits of this science Well thanks to this exhaustive guide you will finally find that hypnosis may be more effective than diet and exercise alone for people looking to lose weight The idea is that the mind can be influenced to change habits like overeating or deeply rooted bad behaviours like negative self talk and self esteem If you re ready to discover all the truth about hypnosis for weight loss if you re ready to enjoy the benefits related to this discipline then Scroll Up Get This Book and Start Reading

Weight Loss Hypnosis: Affirmations

Meditation to Help You Lose Weight While You Sleep (How to get emotionally and mentally free from food, body, and weight...for good) Ben Poulin, 101-01-01 Weight loss is a crucial problem in today's society with increasing obesity and people gradually understand what overweight is doing to their bodies wellbeing and ultimately lifestyles So many people want a change in their lives but prefer to sit down with their wishful thinking complain and do nothing about their situation I applaud you for being the one percent of action takers who refuse to settle unlike the ninety nine percent of whiners and complainers Weight loss is possible with exercise and balanced meals alone but having good quality nutrition and building lean muscle mass can help you lose further keeping weight off and remaining balanced This meditation eBook will help you Remove cravings for unhealthy foods Increase your desire for exercise Improve your state of mind and healthy mindset Practice mindfulness Sleep better Change your life When I first started reading this book I wasn't sure what to expect It is filled with facts and information about hypnosis as well as various ways we can use self hypnosis to improve different parts of our lives The author breaks down different areas of improvement and offers great advice on how to implement hypnosis as a method of breaking habit or creating a desired effect Great read *NANTUCKET MEDITATIONS* Catherine Wiands-Annett, 2014 We all need a safe harbor This book will take you there Here you will find inner peace Meditation is a process that enables you to experience absolute serenity I have provided a sampling of meditational exercises Learn to custom design your personal program Visualization combined with Affirmations provides opportunities for you to explore all possibilities that exist for you This combination enables you to benefit measurably while attaining your goals Develop your ability to visualize Learn to use affirmations to make specific changes in your life You are capable of breakthroughs Implement the processes provided here and take yourself to the next level of life Discover how easy it is with this step by step process to transform your life Examples are presented which demonstrate how to meet your personal goals The process empowers you It awakens your spirit Tap your inner strength You will be rejuvenated You will feel brand new Fine tune your skills the skills you will use your whole life long Be your best self **Losing Weight Feeling Great** Catherine Wiands, 2000-05 *Rapid Weight Loss Hypnosis for Women* Hypnosis for Happiness and Success, If you want to lose weight rapidly because you have a big day coming up then keep reading Are you sick of trying everything you can to lose weight but haven't seen any obvious results Have you tried numerous techniques before but still failed to lose weight or failed to see any obvious results You have probably spent hours at the gym bought weight loss pills start endless diets or tried a variety of programs but nothing has seemed to work Even worse some might have only worked for a short period of time According to the CDC National Center for Health Statistics 39.8% of American adults are obese and 3/4 of Americans are likely to be overweight by the year 2020 keep reading to make sure you don't become one of them In this book you will discover Hypnosis fundamentally changes your mindset towards food Your appetite is fundamentally lowered on a long term basis Removing the need to cheat in your meals is within your grasp Eating the right foods becomes automatic Dieting doesn't

change your habits How to replace your negative habits and eating patterns with positive ones Hypnosis is a proven world renowned weight loss technique which has helped people around the world Studies have proven that people on this hypnosis method are losing an average of 17% more weight than people on the ketogenic diet If they can do it then so can you If you really want to lose weight rapidly click Add to Cart and get your book today [Hypnosis and Meditation for Weight Loss](#) David Jenkins,2021-03-02 55% OFF for Bookstores NOW at 12 14 instead of 26 97 LAST DAYS Have you at any point heard how hypnosis has helped other people reach their goals Hypnosis a technique sometimes referred to as hypnotherapy relates to a type of direct stimulation that blends enhanced attention with a state of concentrated awareness It is a practice that has been defined as holding the mind in a state of trance Although one may leap to the assumption that it provides the same calming impact on the brain as a substance such as weed similar to some other mind altering medication there is an explanation of induced attention that influences the mind differently The subconscious is disconnected from the environment through hypnosis or hypnotherapy and is never advised to be sought out by a licensed practitioner In the condition of hypnosis when they are put in an extraordinarily deep concentrated environment one does not monitor their environment This mental state shouldn t be shattered unless a hypnotherapist does it so deliberately Customarily the focus of the individual is centered and centered on preference when positioned under hypnotherapy and can be located in different situations which usually entails accessing selective memories However while this was the original application of the technique it has developed into a relaxation experience currently commonly promoted that can support the physical body cognitive performance and improve mental well being This book may be a blend of all the effective techniques to assist people that are affected by excessive weight gain It presents a special dimension of how the key to weight loss lies in your brain It covers the techniques of self hypnosis Cognitive behavioral therapy CBT Sleep Learning and Meditation All of those techniques request active involvement of the brain and alter within the wiring pattern of the mind In this way it is possible to boost a satisfactory level of the brain to prevent the urges of overeating The book contains an in depth account of all the activities processes and requirements to form of these techniques healthily compute for you This book covers What is Self Hypnosis Deep Breathing for Stress Reduction and Food Health Tips to Help You Succeed with No Stress Guided Meditations Why Do I Eat So Much Psychology of Eating Strategies and Mind Exercises Deep Sleep Hypnosis Weight Loss Hypnosis 55% OFF for Bookstores NOW at 12 14 instead of 26 97 LAST DAYS You will Never Stop Using this Awesome Cookbook Buy it NOW and get addicted to this amazing book *Extreme Weight Loss Hypnosis* Hypnotherapy Academy,2022-10-17 Learn How to Lose Weight Fast Without Exercise Even If You ve Failed at Every Other Diet in Your Life Are you struggling with unhealthy cravings that prevent you from losing weight Are you frustrated because the diets and exercises you tried didn t work Are you searching for ways to transform your life and live happier and healthier Then Extreme Weight Loss Hypnosis is an ideal tool to help you remove any mental barriers that prevent you from losing weight Hypnosis is a practice used to

change people's undesired thoughts or behaviors. In this case, it can change your mindset and your habits toward food. By taking you to a deep state of relaxation, hypnosis can trick your brain into adopting healthier eating habits. It will stop you from overeating unhealthy foods. You will improve your physical and mental health with exercises and expert tips from this audiobook. By losing weight and changing bad habits, you will feel more energized, and you'll boost your self-esteem. In **Extreme Weight Loss Hypnosis**, you'll discover:

- Introduction to hypnosis: Learn how extreme weight loss hypnosis works and how to hypnotize yourself.
- Step-by-step guide on using hypnosis: Learn how to lose weight through hypnosis and its benefits on your life.
- How to motivate yourself: Learn how positive affirmations and binaural beats affect your weight loss.
- Transform your mindset: Change how you think about overcoming addiction or tackling emotional eating.

Extreme Weight Loss Hypnosis is a guide on transforming your life, making it happier, healthier, and more fulfilling with self-hypnosis. No matter your weight or age, you can ditch your harmful desires and start living healthier today. Are you ready to take this transformational journey? Scroll up, click **Buy Now**, and grab a copy today.

Rapid Weight Loss Hypnosis For Women Mary Pegson, Many people don't believe in hypnosis and, faced with irrefutable results, try to rationalize. They are right. That is the hypnotist does not have a magic wand that will make, for example, the extra pounds disappear. Sometimes those who turn to him have already done a part of the path, have already become aware of their problem, and have decided to solve it. Why does hypnosis work? Certainly not because the therapist has some strange paranormal powers, but on the contrary, because the mind of each of us has unlimited resources. Your mind has immense potential, and hypnosis can be the button that turns on the right light bulb. And this works extremely well when you have weight to lose. Hypnosis can make your extra pounds disappear and give you the perfect shape you have been looking for for many years. How? As soon as you start reading this incredibly exhaustive guide, you will realize how you will no longer be able to do without this book. You will start freeing yourself from overeating and creating a new, happier, healthier life thanks to hypnosis. In this book, you will:

- Clearly Understand What Weight Loss Hypnosis Is and Why It Works So Well for Weight Loss, being the only solution to act on the body's memory reflexes and beliefs towards food.
- Learn How to Use Hypnosis to Remove Subconscious Weight Loss Blocks and get to your weight goal in a very short time.
- Discover Seven Secret Weight Loss Motivation Tips to help you stay focused, because following a diet and an exercise plan to get back in shape can be very stimulated at first, but after some time, the motivation to lose weight may begin to decline.
- Find Out How to Free Yourself from Emotional Eating to stop using food as a reward when happy and craving sweets or unhealthy snacks when stressed.
- Realize How Important It Is to Lose Weight With Mindful Eating. The vast majority of studies agree that mindful eating helps you lose weight by changing your eating behaviors and reducing stress. Research is revealing that when you focus on what you are eating without distractions, you develop a healthier relationship with food, may lose more weight, and are more likely to keep it off.

Much More. The problem with diets is that they do not take into account either the psychological aspects of the relationship with food or the emotional dimension. Hypnosis helps to improve the

relationship with food eating in a balanced way without counting calories with pleasure and only when you are hungry This must have manual will teach you that through the power of hypnosis it is possible to manipulate the subconscious to convince you to make you feel less hungry and motivate you to live a healthier lifestyle Order Your Copy Now and Start Boosting Your Weight Loss with Hypnosis for Achieving Lasting Results *Close Your Eyes, Lose Weight* Grace Smith,2020-04-21 Wall Street Journal bestseller If dieting always seems to fail If you can't stick to a workout routine If you lose weight just to gain it back immediately Your subconscious might be the problem Forget everything you think you know about hypnosis based on party tricks and television silliness Genuine hypnotherapy is a serious scientifically proven method of influencing our hard to reach subconscious Many people are skeptical at first but if nothing you've tried has worked you owe it to yourself to try an approach that has helped thousands around the world *Close Your Eyes Lose Weight* uses the scientifically proven process of hypnotherapy to empower you to lose weight for healthful reasons Guided exercises recondition your mind to let you effortlessly Eat mindfully Overcome addictions to sugar and carbs Stop binge eating Heal body dysmorphia Release emotional weight Rather than simply aiming for a number on the scale *Close Your Eyes Lose Weight* helps you achieve the self confidence to love yourself enough to appreciate your incredible body and the conviction to live your life with pride World renowned hypnotherapist Grace Smith will give you the tools you need to train your subconscious mind to eat only the foods that nourish your body mind and life *A Random Potpourri* K. Jayanth Murali,2023-12-11 Are you ready for a journey that will blow your mind and change the way you see the world Look no further than *A Random Potpourri* This book delves into a range of topics from technology to health and nutrition law and beyond Each chapter is a mind bending exploration of the world around us filled with surprising insights and thought provoking ideas that will unlock new layers of understanding and your potential for growth and change *A Random Potpourri* isn't just about the power of knowledge it's also about the power of you It is a call to action urging you to take the information within its pages and use it to make a difference in the world It is a book about the human spirit and the power of the written word The author's personal story of overcoming adversity and finding his voice through writing is truly inspiring and will leave you feeling empowered and motivated to chase your dreams Whether you're an entrepreneur a policy maker or just someone looking to make a positive impact *A Random Potpourri* will give you the tools to make a real difference A page turner this book is filled with fascinating facts engaging anecdotes and inspiring insights Whether you're a student a professional or simply someone looking for a great read this book will leave you feeling enlightened and energized So don't wait Pick up *A Random Potpourri* now and embark on a journey that will change your life forever You'll be glad you did **Rapid weight loss hypnosis for woman** Robinson Academy,2021-11-10 Have you been looking to lose weight belly fat baby fat bingo wings and love handles but have tried all manner of strategies or hacks with little or no sustainable success And are you looking for a method that actually works one that will not require you putting yourself through unnecessary risks and one that won't require impossible amounts of

willpower to pull off If you ve answered YES keep reading You Are about to Discover How to Make Weight Loss Easier than You ve Ever Thought Possible By Leveraging The Power Of Hypnosis By nature women tend to lose weight slower than men for a myriad of reasons including lower metabolism rates muscle composition and even social factors and I m sure you already know that Unfortunately most fat loss methods including all those popular diets tend to ignore this fact and address both gender leading to poor adaptation and coping challenges in women yo yo dieting and giving up Ever tried a weight loss program and went through so much pain distress and other enervating challenges that you gave up thinking you were the problem Well turns out that the method was the challenge and all you ve ever needed was a feminine or women friendly method which is none other than Hypnosis Besides proving it to be a female friendly method of weight loss studies actually assert that people who use it lose weight more than twice as much as their counterparts who diet without this therapy But what is hypnosis exactly What does it entail Is it something I can do alone How do I get started with it What are the dos and don ts of this method If such questions are popping in your mind right now you re in luck because this book is here to address them and many others comprehensively Here s a bit of what you ll learn What hypnosis is and how it has developed over time since inception The different types of hypnosis Why you need hypnosis Why it s possible to lose weight How to get started with weight loss the right way How to reclaim your power over food and reconnect with your body How to train your brain to burn fat quickly How hypnosis works by tackling factors that hinder weight loss How to use hypnosis to control weight The best 12 week hypnotherapy program you need follow for optimal results How to eat properly to burn fat and lose weight How you need to change your cooking style for optimal results How to exercise to lose weight How to meditate to lose weight and build healthy eating habits The available medical and non medical treatments for weight loss And much more Even if you are an emotional and unconscious eater have tried all methods of weight loss without success consider yourself as lacking the motivation to follow through with a dieting plan and want a sustainable method for a change you will find this book life changing What s more it takes a beginner friendly easy practical approach to assure you positive instant results Don t wait any longer Scroll up and click Buy Now With 1 Click or Buy Now to get your copy to benefit in all these ways and more

The Amen Solution Daniel G. Amen, M.D., 2011-02-15 A breakthrough easy to follow brain based program to lose weight and keep it off for the rest of your life from the bestselling author of *Change Your Brain Change Your Body* *Magnificent Mind at Any Age* and *Change Your Brain Change Your Life* Have you tried diet after diet without success Want to know the two major secrets why most diets don t work The 1 secret is that most weight problems occur between your ears not in your stomach If you want a better body the first place to always start is by having a better brain Secret 2 is that there isn t just one brain pattern associated with being overweight there are at least five patterns Giving everyone the same diet plan will make some people better and a lot of people worse Finding the right plan for your individual brain type is the key to lasting weight loss In *The Amen Solution* bestselling author and brain expert Dr Daniel Amen shares his one of a kind brain based

program that helps you lose weight improve your memory and boost your mood at the same time This is the same program offered at the world renowned Amen Clinics that has already helped thousands of people lose the love handles and muffin tops Based on the most up to date research Dr Amen shows you how to Determine your individual brain type so you can find the plan that will work for you Say goodbye to emotional overeating to shed pounds Curb your cravings and boost willpower Improve your brainpower memory and mood Make small lifestyle changes that have a huge impact on weight loss Prepare easy delicious brain healthy meals Packed with insight motivation and everything you need to get started right away The Amen Solution will help you lose unwanted weight and teach you the strategies to keep it off for a lifetime Healing from the Inside Out Adele Puhn,1999-04-27 No doctor can ever understand your body as well as you And from understanding comes the self awareness and responsible self care that produces long lasting good health To help you take charge of your body s well being clinical nutritionist Adele Puhn author of the New York Times bestseller The 5 Day Miracle Diet has written this comprehensive guide to the sources of and remedies for many perhaps all of your health problems An abused digestive tract allows toxins and bacteria to leak through its weakened walls into the bloodstream and wreak havoc throughout the body An overtaxed liver unable to perform its vital filtering and metabolic functions leaves the body toxic and vulnerable Healing from the Inside Out tells you how to heal these conditions and repair the damage they have caused in all parts of the body featuring more than fifty fully detailed and carefully structured preventive and rescue regimens wholesome diets appropriate potencies of vitamins minerals amino acids herbal remedies and more all designed to heal and invigorate the body Gastro intestinal tract Crohn s disease colitis ulcers gallbladder disease hiatal hernia irritable bowl syndrome Heart and circulation angina arrhythmia high cholesterol hypertension Muscles joints and skeleton chronic back pain fibromyalgia osteoporosis osteoarthritis rheumatoid arthritis Skin and hair dandruff hair loss psoriasis Endocrine system hypoglycemia hyperthyroidism kidney stones diabetes Emotions depression chronic fatigue syndrome stress hyperactivity Breathing asthma chronic bronchitis sinusitis And much more including case histories and a guide to complementary health organizations

Journey of the Mind, Journey of the Soul Michael H. Likey D.D.,Michael H. Likey Ph. D. D. D.,2009-03 Collected Short Stories Book 16 by Fred M White offers a captivating collection of thrilling suspenseful and emotionally charged tales Each story takes readers into a world of unexpected twists where heroes emerge mysteries unfold and danger lurks in every corner White masterfully balances edge of your seat suspense with heartwarming moments creating stories that are as diverse as they are gripping Whether it s a daring escape a clever detective unraveling a mystery or a quiet moment of introspection these stories will leave readers yearning for more Dive into the intrigue and excitement with this must read collection **Clinical & Meditative Hypnotherapy** Ashok Jain,2006-11-01 Hypnotherapy is quickly becoming an extremely valuable tool in almost all aspects of mind body health at the clinical psychological and psychiatric levels This book is written with professionals in clinical hypnosis and other alternative mind body therapists in mind however individuals can also use it

for self help to stop smoking lose weight reduce pain improve memory relieve headaches and allergies understand and reduce stress eliminate stuttering enhance self esteem overcome fears and phobias cope with cancer and many more mind body symptoms The book gives simple and practical techniques to quit smoking with and also without using hypnosis as well as discusses how to understand and resolve stress rather than just managing and reducing it The author also discusses dreams how to understand interpret and use them for mind body health The approach adopted in all the techniques recommended in this book is scientific meditative and simple to follow **Calorie Wars** Larry Deutsch,Jeff

Schweitzer,2011-10-25 Increasingly disturbed by inaccurate and misleading information peddled by so called experts in the billion dollar weight loss industry Dr Larry Deutsch a family physician and Jeff Schweitzer a biologist and former White House senior analyst have decided to set the record straight This groundbreaking book presents the startling truth about weight loss diets don t work To achieve significant long lasting weight loss we need to break with old ineffective ideas and embrace a completely new approach to weight loss As you read the book you will find yourself shocked to learn the truth about how easy losing weight can be

Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through **Losing Weight Feeling Great With Self Hypnosis And Meditation**

In some sort of inundated with monitors and the cacophony of immediate conversation, the profound power and mental resonance of verbal artistry frequently disappear into obscurity, eclipsed by the regular onslaught of noise and distractions. However, set within the musical pages of **Losing Weight Feeling Great With Self Hypnosis And Meditation**, a interesting work of literary elegance that impulses with fresh emotions, lies an remarkable journey waiting to be embarked upon. Written with a virtuoso wordsmith, that mesmerizing opus guides visitors on a mental odyssey, lightly revealing the latent potential and profound influence embedded within the elaborate web of language. Within the heart-wrenching expanse of this evocative analysis, we will embark upon an introspective exploration of the book is central subjects, dissect its captivating publishing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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Losing Weight Feeling Great With Self Hypnosis And Meditation Introduction

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