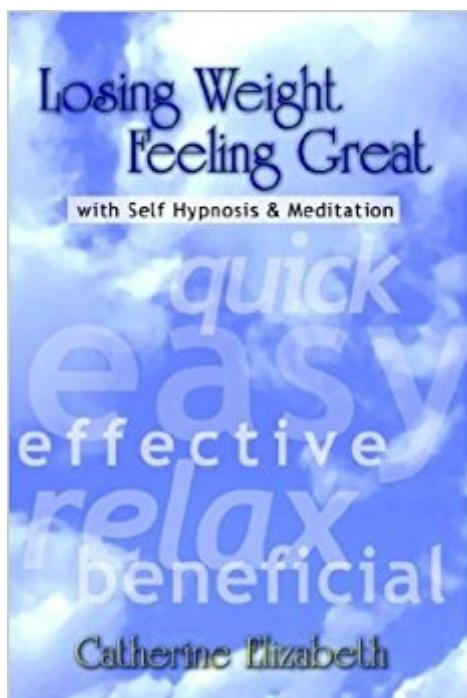


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# Losing Weight Feeling Great With Self Hypnosis & Meditation



## **Synopsis**

One student loses over 100 pounds with enthusiasm, easily and effortlessly. Another student resists with all of her might freeing herself from unwanted pounds. Why? How did we overcome that resistance? What was the process we used that brought her success? It is presented here in this work and anyone can do it. This book is easy to read, and understand for everyone. Reap benefits galore and get excellent results as you: Find your motivator and use it to your best advantage. Learn to use the 4 'D's' and Your Million Dollar Redirect Button Catch and eliminate 'Silent Assassins' Use formulas to work smart, not hard to accomplish your weight goals. Stop Impulse Eating. Discover why self-hypnosis and meditation are so effective for all. Easy methods to regain control over your emotions/life. Using the process for quick results. All about affirmations, the bridge that will take you from where you are to Where you want to be easily, quickly, and effortlessly. Start today benefiting from the twenty-five years of knowledge gleaned by the author as she worked in the self-help, self-image psychology arena with her Weight loss class being her most popular one.

## **Book Information**

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## **Customer Reviews**

Catherine loves presenting her 'no nonsense, no frills, just basic principles that work' programs. Her love of her work, and sense of humor is reflected in each presentation. She is a seasoned speaker, seminar leader and workshop facilitator with twenty-six years experience. Ms. Annett became a licensed hypnotherapist in California. She opened her business, Changing Attitudes in La Jolla. In eighteen, months she went from recluse to having international clientele. She was named in Who's Who among San Diego Women two years running. Marriage brought her to Arizona where she

completed her licensed practitioner certification. For ten years she presented both her programs as well as sermons, speeches, personal sessions, meditations and attended ministerial school. She was published in magazines, newspapers, worked in television and radio, and hosted her own show, 'What Happens to the Children,' co authored Positive Power People, while teaching and producing her own twenty-seven self-help tapes, guides, the 'Ocean Experience Video,' and Positive Strokes for Little Folks books and cassette. Her students are from all walks of life and all ages from corporate, to colleges, the government, and the private sector. Now residing in Nantucket, Massachusetts, she has completed this book by popular demand.

The relaxation techniques for meditation and self hypnosis have already made a remarkable difference in my life after a day or work. Showing me not only affirmations, but how to create a process for myself has been helpful too. I liked the way the author integrated some personal information as she guided the reader and involved them in the process. I appreciate the skill level of this lady. I never realized how important it is to really test your level of desire to accomplish your goal, how to build the desire..how to find your motivator and use it as a catalyst for success.. There is so much to this little book. I can't wait for the companion guide to come out.

This book provided me with the motivation and enthusiasm to get started..and keep going. It gives the complete format and process (and the reasons why to do these things) to make weightloss easy..I am already getting results.. This lady has a wonderful sense of humor and the book is fast and easy reading. There are complete processes to use self hypnosis and meditation and a large amount of affirmations..and affirmation how to's..I recommend this book to all who want to feel better, and lose excess pounds..

This author has impacted my life tremendously with basic down to earth writing style, and virtually tons of information. From the first day, I felt better. I am using her process not only for my weight, but I am building my confidence and self esteem. My teenagers are benefiting from it too. I hear them say things that they read in the book. I hope this author keeps writing!!

This book is a complete waste of time. Meditation is completely ridiculous. You don't lose weight by meditating or by praying to the gods. You lose weight when you eat less. So here is a suggestion Catherine..and i presume you are still quite huge. I will write a book for you , and it will be very short. STOP EATING!!! Everyone who bought this book i recommend you to do the same. It's not brain

surgery. Quit putting sugar on your toothpaste and stop eating buckets of KFC. That may help. Don't forget. FOOD IS NOT LOVE.

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Brain for Weight Loss, 1)

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