

# 101 Affirmations for Weight Loss, Volume 1

*author: Cynthia Magg*

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# Synopsis

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author	Cynthia Magg
readBy	Rebecca Ortese
inLanguage	english

The weight-loss declarations in this EFT tapping audiobook are meant to transform your state of mind. Continued positive reinforcement allows you to tune in to a higher frequency and focus on swiftly and easily achieving your goals. Affirmations are needed in a three-to-one ratio with the "even though" clearing phrases that are the basis of EFT tapping. EFT helps you get the resistant parts of your subconscious mind fully on board so that you'll keep celebrating yourself and your accomplishments.

On your journey toward the finish line, you will feel inspired and motivated to confidently declare to the universe just what it is that you want. Success is within your reach! The power to transform your life and shrink your waistline is in your own hands!

Tap. Transform. Thrive!

You can download and print a copy of the tapping points to have in front of you by going to [efttappingguru.com](http://efttappingguru.com).

**Please Note:** This is not LOA. This is an EFT tapping audiobook which incorporates energetically re-balancing your body while you shift and reprogram your mind for success. It involves tapping on the acupuncture points on the body and is meant to be used in conjunction with the Slenderize Your Body series and the book Getting to the Heart of the Platter.

**Note to Men:** Most of these affirmations are gender-neutral, yet a few include "girl talk" like skinny jeans, being thinner, feeling beautiful, etc., which you can modify to suit your own needs.

## Reader's comments

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