

# Extreme Weight Loss Hypnosis (2 in 1)

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## Synopsis

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**Introducing how you can lose weight naturally, transform your habits & finally break free from decades of Yo-Yo dieting & finally live a healthy lifestyle you love effortlessly!**

Have you often struggled to lose weight before? Do you lose weight, and then seem to always put it back on? Do you stick to a diet (you often hate) for a while, but always seem to fall back into old habits?

See, that's where these Self-Hypnosis, Guided Meditations, & Affirmations can help you!

Hypnosis works by reprogramming our brain and completely transforming our beliefs around weight loss, food, exercise, & healthy habits.

By transforming these beliefs (which have often been holding us back for decades) you will then have the foundation in which a healthy life, with sustainable & natural weight loss becomes VERY possible!

Not only that, We've made it as simple as possible for you- just simply click the script most suitable for you, put your headphones in and away you go.

Hereâ€™s a tiny example of whatâ€™s inside:

- Hundreds Of Daily Powerful Affirmations You Can Repeat To RAPIDLY Reprogram Your Mind Towards A Healthy Lifestyle
- PLEASE Listen To This Self-Hypnosis Daily If You Want To Overcome Your Junk Food Cravings Once And For All! (And Instead Crave Delicious Nourishing Food!)
- Struggle With Portion Sizes? Try This Hypnosis To Understand How To Eat For Physical Satiation, Not Mental
- Relaxing & Easy To Follow Guided Meditations To Help You Understand The Power Of A Relaxed And Focused Mind
- BONUS- Weâ€™ve Included A Collection of Sleep Meditations & Self-Hypnosis To Help You Relax & Fall Asleep Easily As A Good Night's Sleep Is CRUCIAL To Healthy Living!

And so much more!

**So if you want natural & rapid weight loss using the power of hypnosis to reprogram your mind, then download this audiobook!**

## Reader's comments

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