

Easily Handle Stress and Develop Healthier Habits v

author: Elizabeth Snow

2026-06

Synopsis

author	Elizabeth Snow
readBy	Self-Expansion Studios
inLanguage	english

When we are stressed out, it's difficult to make proper food choices. We can easily end up endangering our bodies by allowing stress to control what we eat. Thankfully, there are a number of solutions for combating stress and maintaining a healthy weight. This program has been designed to reconnect you to your intuition so you can manage both your weight and your stress levels effectively. This program can help you:

- Lose fat naturally
- Easily handle stress
- Develop healthier habits

The audiobook includes:

- Chapter 1: Daytime hypnosis. Listen with your eyes closed.
- Chapter 2: Daytime meditation. Listen with your eyes closed.
- Chapters 3 to 6: Powerful affirmations. Listen during any part of the day or evening.
- Chapters 7 and 8: Listen to these nightly subliminal affirmations on a low volume either before or during sleep.

Lower your risk of heart disease and other illnesses by reaching for nutritionally rich foods instead of calorie dense snacks. With each better choice you make under pressure, it will only get easier.

Reader's comments

comment 1:

â€"â€" ()