

# Stop Binge Eating with Subliminal Affirmations

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2026-07

# Synopsis

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inLanguagei¼š	english

Find a healthy way to release stress and tension. Learn the tools you need to control your binge eating urges. Gain self control and fulfillment. Stop binge eating today! This subliminal hypnosis program works for you on three different levels - positive affirmations will be spoken during your deepest state of open relaxation, low binaural beats that are almost imperceptible to the human ear work with your subconscious mind to anchor the positive affirmations to help you stop binge eating, and ancient Solfeggio tones encourage healing and wholeness with powerful harmonic frequencies. Along with seven different soothing sounds of nature, these three elements combined together are the triad of positive change that will propel you toward a better future.

Stop Binge Eating Affirmations in this program are:

- I have intense self control
- I am in control
- I am enough
- I have support all around me
- My life is mine to create
- There is nothing I can't do
- I can say no to my urges
- I feel good
- I am perfect just the way I am

Instructions :There are no relaxation suggestions in this subliminal hypnosis program, so you can listen at any time of the day or night. You may listen to the entire program as a whole or select only specific nature sounds that you enjoy most - the positive affirmations will still be effective for change.

## Reader's comments

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