

Stop Sugar Cravings

author: Alice Lee Rose

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Synopsis

author	Alice Lee Rose
readBy	Luke Mullins
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Sugar cravings can ruin your teeth, your diet and your health. Moderating your sweets intake does not have to be difficult. This hypnosis is designed to help you reduce your cravings for sugar through subconscious, subliminal and direct hypnosis methods.

This 11 minute session can help you:

- Stop sugar cravings
- Beat sugar addiction
- Reduce the desire for sweets

The audiobook includes:

Day version: This quick version is great for daytime use when you are able to relax and close your eyes. It can be used bright and early at the start of your day, or during your off time.

Night version: This hypnosis is designed to be used during sleep. It includes pink noise to aid with sleep and subliminal messages - bypassing your conscious and directly reaching your subconscious wiring. Listen to this version on a low volume.

It is recommended to listen to either the day or night version for at least three weeks or whenever you feel it would be beneficial for you. Use this hypnosis to develop a healthier intake of sweets while eliminating sugar cravings.

Reader's comments

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