

Think Thin Mindset for Fast Weight Loss

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Synopsis

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Think yourself thin - while you sleep! Motivational Hypnotherapy's Joel Thielke and Catherine Perry have teamed up to create a powerful program that works with your REM cycle to help you lose weight naturally.

This Sleep Lab alpha theta hypnosis program helps you relax your mind and body for sleep while working with your brainwaves to help you create beliefs for positive change, weight loss, and healthy living.

Powerful benefits of this Sleep Lab program:

- Faster weight loss
- Exercise motivation
- Positive body image beliefs
- Less stress and anxiety
- Deep sleep all night long
- Deep relaxation for your body and mind

The following program is in a script format that can be used in several ways. You may use it as a resource or reference. This is also a helpful tool for if you're interested in recording a hypnosis session for personal use only. You can tailor the script as you go based on what works for you personally.

For more information or to ask us a question, visit our website at motivationalhypnotherapy.com

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