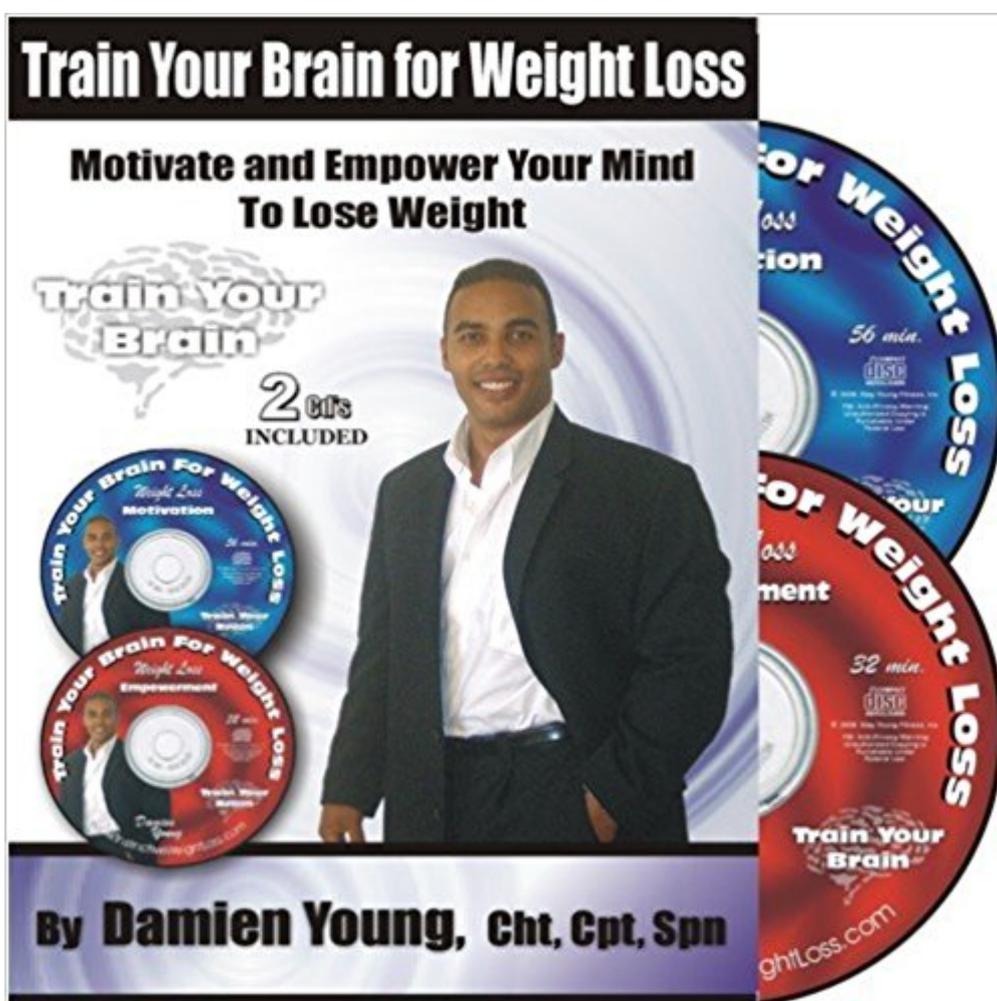


The book was found

Train Your Brain For Weight Loss - 2 Self Hypnosis CD's For Weight Loss Empowerment And Exercise Motivation (Train Your Brain For Weight Loss, 1)





Synopsis

Train Your Brain for Weight Loss utilizes the principles of self hypnosis to bring about transformational change in your thoughts, motivations, and thus, your body. Damien Young brilliantly guides you along a short relaxing journey which accesses your subconscious mind for lasting change. The first audio CD in Train Your Brain for Weight Loss is devoted to helping you become empowered for weight loss success. The 2nd CD is for attaining a very high level of motivation for eating better and exercising more often. Simply listen to the 2 CD's for just a few weeks, and you'll experience changes in your behavior without even knowing it's taking place. You'll automatically begin to eat healthier foods. You'll automatically begin to exercise more often. And finally, you'll automatically begin to lose weight and keep it off.

Book Information

Audio CD

Publisher: Stay Young Fitness, Inc.; 1st edition (January 12, 2009)

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Product Dimensions: 7.5 x 5.3 x 0.7 inches

Shipping Weight: 2.4 ounces

Average Customer Review: 3.4 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #2,211,197 in Books (See Top 100 in Books) #34 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets](#) #199 in [Books > Books on CD > Health, Mind & Body > Fitness](#) #1138 in [Books > Books on CD > Health, Mind & Body > General](#)

Customer Reviews

I was skeptical of trying hypnosis, especially self-hypnosis. And I still am. I don't know if this product is actually working or not. What I do know is that I can't remember the ending to either of the sessions. Is that because I fall asleep during the session or it because I am actually hypnotized during the session? What I do know is that I've almost entirely eliminated my between meal snacks, and when I do snack, it's typically been a piece of fruit. I've also been conscious and actively changing the content of my diet otherwise. My activity level has increased slightly, but the motivation is there to do more. So, does this product work? Frankly, I don't care. Maybe my changes are the result of willpower vs. hypnosis, but I'll credit these recordings to aiding that willpower. And the relatively small price for them for me was a great value to obtain that tool. Will it work long term? I

don't know that either, but I do know that no plan will work if I sabotage it. Bottom line, I need to make changes to my lifestyle, not my day or week, and I think this CD set is helping me do that. Give it a try.

Because this program included 2 cds I decided to try it even though it was more expensive than others I purchased. It turned out not to be my "cup of tea". The first cd was a lecture and guided meditation. The binaural beats, running water and breathing sounds in the background were distracting to me even though the speaker in the beginning said to focus on his voice. The second cd had a couple of very valuable insights but was also a guided meditation and lecture. I was looking for hypnotic suggestions on self-esteem, eating and exercise habits. It would also have helped if the lecture and guided meditations were on separate tracks. It would have also have been valuable if there had been a sample to listen to prior to purchase.

Great results so far, except it's a lot longer than I expected. The hypnosis part is very long, so I just listen to it at night and fall asleep to it. I gave it 5 stars because it helped me lose a good amount of weight and helps me sleep soundly every night.

If you are looking for weight loss this is a great way to go. I have been hypnotized before so knew what to expect.

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Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) HYPNOSIS FOR WEIGHT LOSS: SELF HYPNOSIS as you read (FREE Life Mastery Bonus Toolkit Included!) (Self Hypnosis As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio Book 3) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Hypnosis: Self Hypnosis, NLP & Mind Control 6 Steps To End Depression, Anxiety & Stress FREE BONUS (Hypnosis, Mind Control, NLP, Self Hypnosis, Hypnosis ... Hypnotism, Self Hypnosis For Beginners) Hypnosis: Master Hypnosis, Learn hypnosis now (Hypnosis, Hypnotism, Self Hypnosis, Mind control) Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And

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