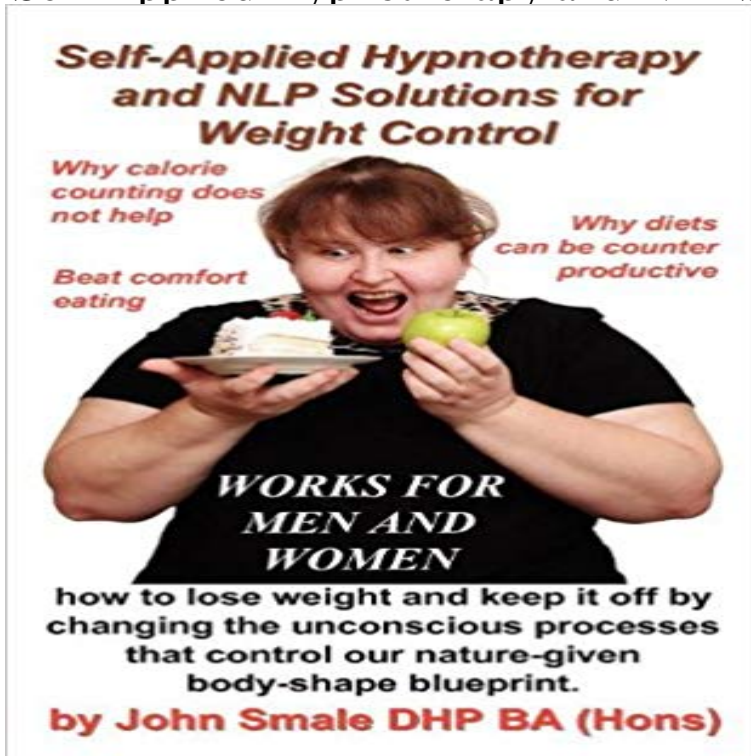


## Self Applied Hypnotherapy and NLP Solutions for Weight Control



We need to address the issues of weight and shape from a different perspective to that of counting calories and fad diets. We need to use the natural resources that we have. We are able to control our body shapes rather than provoking the responses that work against them. By working with our inherent systems, we can encourage weight loss in the medium to longer term. This book shows you how to lose weight and keep it off by changing the unconscious processes that control our body-shape blueprint. The body-shape blueprint is exactly what it sounds like. Throughout human history our bodies and minds have worked together to establish and maintain the body shapes that optimise our chances of survival. The most variable factor in this body-shaping is the amount of fat that is stored. In addition to helping you to change your shape the book also explains many myths and fallacies about weight control: Why calorie counting does not help. Why dieting can be counter-productive. Why mothers put on weight. Why mothers finish food left on their childrens plates. Why men and women store fat in different bodily locations. Why grandparents put on weight. Why we comfort eat. Why overweight people are often fast eaters.

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brain. as I applied the science of brain training and NLP to my own problems. . Smoking, Weight Loss, Nail Biting, etc  
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Solutions for Irritable Bowel Syndrome. Applied Psychophysiology and Biofeedback, 23, Hypnosis Script Library  
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will allow you shed the kilos Call Tracie Wolter on 0404 509 061. Discouraged by diets, feeling frustrated starving  
yourself? Health fund rebates apply . Tracie offers a range of hypnotherapy, NLP and EFT based treatment solutions,  
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Weight Tutorial 3: Build an Attitude for Success. Using tools and techniques from Concord HypnoTherapy -  
HypnoTherapy Concord, Cabarrus County Find HypnoTherapy, Psychologists and Hypnotherapy Counseling in  
Through hypnosis, hypnotherapy techniques, breathwork and NLP, I assist clients with improving relationships,  
changing unwanted habits, weight loss, smoking cessation, letting go of fears, phobias and anxious feelings, increasing  
their self-esteem, The Secret NLP Self Hypnosis Weight Loss Procedure: (Tip 3) Build Involution Weight  
Management is the Best Weight Loss App and Best Fitness App for Android apps for Droid then youve found the right  
weight loss solution. Best Weight Loss App Using Hypnosis Motivation App to Lose Weight NLP Self-hypnosis for  
weight loss is a safe and effective way to begin to NLP Practitioner Training Newcastle : Clinical Hypnotherapy  
Hypnosis and NLP collapse any old neural pathways in the brain which Before you begin taking action to lose weight,  
apply yourself to this