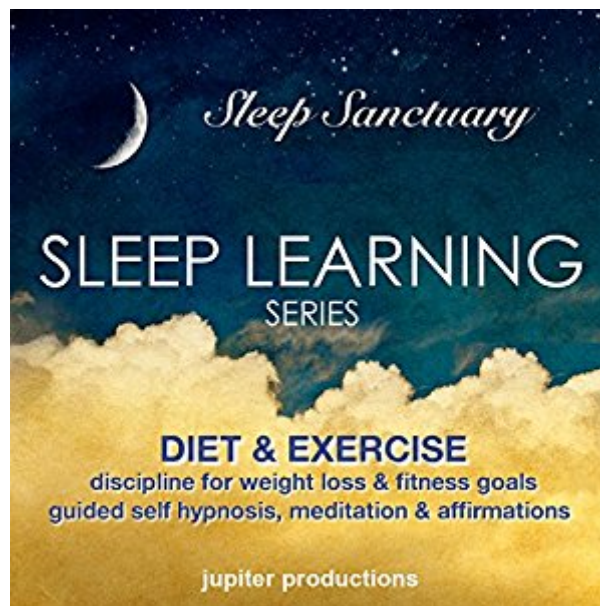# Diet & Exercise Discipline For Weight Loss & Fitness Goals: Sleep Learning Series, Guided Self Hypnosis, Meditation, & Affirmations

Synopsis

This Diet & Exercise Discipline for Weight Loss & Fitness Goals program is designed to assist the listener in making mindful dietary choices, increasing motivation to exercise, staying true to the goal, and creating an enhanced appreciation for the body. This Sleep Learning program is designed using multiple therapeutic techniques. In addition to hypnotic techniques and meditative affirmations, this program is further enhanced by the use of brainwave entertainment such as solfeggio tones, isochronic tones, bilateral stimulation, and white noise. Listening at a very low volume is ideal and won't diminish your results. Narrated by Anna Thompson, MA, MHP, LMHC, advanced clinical hypnotherapist. Accomplish your goals and create the life you've always wanted.

Book Information

Audible Audio Edition

Listening Length: 3 hoursÂ andÂ 29 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Jupiter Productions

Audible.com Release Date: January 29, 2015

Language: English

ASIN: B00SXCEXIM

Best Sellers Rank: #1 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets #47 inÂ Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #130 inÂ Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition

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