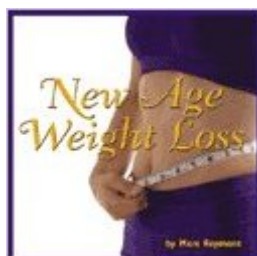


The book was found

New Age Weight Loss



Synopsis

You can use a whole new way to approach weight loss: using the power of your mind. New Age Weight Loss is a dynamic method that focuses on the root cause of WHY we become overweight. The Power of belief is what shapes our experience, and this recording works on the source of limiting beliefs about ourselves and our bodies. New Age Weight Loss will give you super-powerful suggestions about eating to nourish yourself instead of eating to emotionally satisfy yourself. These suggestions get to the root of ingrained unhealthy eating patterns. The meditation helps you to focus on loving your body and taking responsibility for the shape your body is in right now. It takes the same amount of energy to get in shape as it does to stay out of shape. A new you is just a change of mind away.

Book Information

Audio CD

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