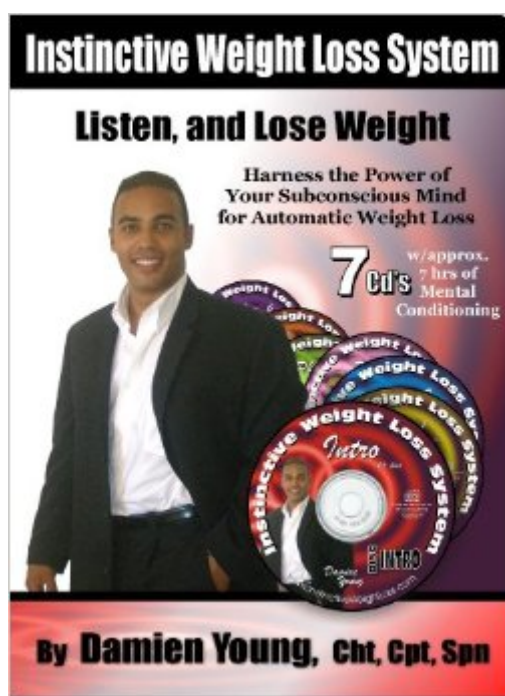


The book was found

The Instinctive Weight Loss System - New, Groundbreaking Weight Loss Product- 7 CD's, Over 7 Hours Of Hypnosis For Weight Loss And Mind Reconditioning Sold In Over 40 Countries Worldwide



Synopsis

The vast majority of people who struggle with their weight have been programmed at a very early age to struggle with their weight. They've been programmed by their parents, comments, traumatic experiences, advertisements, and the belief that one needs to diet and exercise hard in order to lose weight. The solution is to change a person's automatic actions, or their instincts. The actions they take on a daily basis that they don't even think about. Most of what we do on a daily basis is done without conscious thought. Our internal dialogue is what compels us to check the mail, to get up and go somewhere, tells us when we're hungry, and tells us to exercise or not. Once our internal dialogue puts the thought in our mind, then we sometimes make the conscious choice to do so. If you ask someone who struggles with their weight to close their eyes, and tell you the first thought that comes to mind when you ask them about losing weight, chances are they'll say it's very difficult, or hopeless, or it will require a lot of exercise and a lot of dieting. The first thought and emotion that pops into their mind will be a negative one, and this is because of the negative programming in their minds. This is what the problem is. The solution is to change the way one thinks about themselves, food, and exercise. By recreating the pictures in their mind associated with food, their bodies, and exercise and associating them with a more pleasant experience, they'll instinctually perform the actions necessary to lose weight. By explaining to them that dieting actually causes obesity from a physical and psychological standpoint, they'll become inspired. When you tell someone who is overweight that they can eat what they want, and they don't have to spend hours in the gym, and prove it to them, this alone will cause a shift in their mentality. And this shift is the first step in undoing the negative programming. People who are naturally thin have automatic actions that support them being thin. The majority of their internal dialogue or thoughts are in alignment with being thin. And their internal dialogue is produced by their subconscious mind. If the majority of one's subconscious thoughts aren't congruent with losing weight, they'll continue to struggle with their weight. All the dieting and exercise in the world can't counteract the fact that their subconscious mind has been programmed against it. If they do lose weight by dieting and exercise, they'll unconsciously sabotage their efforts, gain it back and never know why. Willpower cannot override one's subconscious mind. If people knew this, they'd finally understand why they can't lose weight, or why they lose weight and always gain it back. By clearing the negative programming in one's subconscious mind, and conditioning it to lose weight and be healthy, one will take the automatic actions necessary to lose the weight. When both aspects of the mind are in harmony for losing weight, it will be effortless. And once something is effortless, it's done in the easiest and most efficient long-term fashion. They'll automatically eat less, eat healthier, become more active, and

they'll do so without even thinking about it. This is the only way for long term weight loss, and this is precisely what the book, *Instinctive Weight Loss* will do for its users.

Book Information

Audio CD

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Best Sellers Rank: #2,387,758 in Books (See Top 100 in Books) #39 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets](#) #207 in [Books > Books on CD > Health, Mind & Body > Fitness](#) #1230 in [Books > Books on CD > Health, Mind & Body > General](#)

Customer Reviews

I LOST WEIGHT!! I have lost over 20 pounds so far. I have not dieted. I have not exercised. I have not been hungry. The only effort that I've made is to press play on my CD player at bed time. This is no coincidence. What has changed? My attitudes toward food. Now, I eat when I'm hungry. I quit eating when I am full. I no longer feel the need to finish everything on my plate. I eat breakfast every day. I eat slowly and enjoy my food, but do not eat for pleasure. I now choose what to eat based on its nutritional value. I can now tell you with confidence and honesty that "I can eat what I want, and I won't gain weight" For the record, I have not yet reached my goal. I still have a long way to go, but the weight is still coming off at 1-2 pounds per week during the holiday season. This is not a diet. DIETS DO NOT WORK. THIS DOES! Think about it. If diets worked, we would diet, lose weight, and never diet again. If that was how it has worked, I wouldn't be writing this and you wouldn't be reading it. I highly recommend this weight loss system. Damien Young, the author, narrator, hypnotist, has done a great service by producing these CDs. Damien Young, if you are reading this review, Thank you! sincerely hope that this review was helpful and I thank you for reading it.

This is one of the best investments I have ever made--and without a doubt, the best one I have ever made in my pursuit of a healthy body and a lower weight! I have been listening to the series of CD's for about 3-4 weeks and not only have I lost two pounds every week and lowered my body fat

percentage, but I have seen tremendous changes in other areas of my life as well---improved attitude, positive mental outlook, less stress, improved confidence, greater self esteem and more smiles...and as the program indicates, it is practically effortless. My single regret is that the marketing line for the book uses another of those "Lose 30 lbs in 60 days" lines which tends to put it in the ranks with gimmicky products that draw people in with unrealistic promises of results. I am finding that this program actually DOES produce results but consumers may pass it by as another empty promise. It is NOT!!! While the use of this program to achieve results does not require a lot of physical effort or deprivation, it does take effort--or a return investment--as well. And what you have to give is your time---time to listen to the series of CD's, follow the suggestions, and do the few short exercises it recommends (not the jumping jack, touch your toes variety, but writing down your thoughts on the current topic, or taking a minute sometime each day to review your accomplishments and give yourself a pat on the back for the changes you have made and the new behaviors you are adopting--effortlessly and healthfully!) I believe that the mental and behavioral changes that the program initiates are indeed a means of making this the final weight loss (health achieving) program that I will ever have to use. I am looking forward to my continued success and to enjoying all the healthful benefits that are already underway. I can see my new body at the end of the tunnel. I believe it...and I will achieve it!

When I first noticed this product it read, "Lose 30lbs in 30 days." I thought it was bogus until I started asking around the web. All people would tell me is that I had to try it to believe what it does to you. So I did, and I have to say that I've been blown away! It's only been a couple of weeks in but I already have lost 9lbs and have not exercised ONCE and most importantly for me, I haven't even thought about what I've eaten at all. I truly am eating whatever I want. What has changed is that I don't crave fattening foods, and I'm just getting full much quicker. It really is unbelievable. Now I'm on Phase 3 and I've never been more excited to do anything in my life than to listen to these cd's. I've had multiple ah ha moments and each one has made a dramatic impact on my attitude toward food and my body. I'm eagerly awaiting the day I can thank Damien for his knowledge and for this life-changing product. I have a long way to go but I KNOW that this time, I will succeed!

I'm still just working with the system. I've gotten through all the phases only once so far in a relatively short period of time, but I've already seen results in my confidence, weight, behavior, and attitude towards food. I almost can't believe it! I never realized how many times I would eat "just because" when I wasn't really physically hungry. This has really opened my eyes to what physically

hungry really is. It also has taken away my anxiety with food. I finally realize when I'm full and I don't just eat it because its in front of me or because its a time when I used to normally eat (i.e. TV time). Its been so easy. This is worth every penny. I HIGHLY recommend this system if you TRULY want to finally get healthy, feel better, and as a result work towards a healthy weight.

I knew I had to do something about my weight. It was between this or another diet, and I'm thrilled I chose this. The key to this system is sticking with it. Although I felt better about myself shortly after listening, I wasn't losing weight. But after the 3rd week, I began to notice that I was looking much thinner and wasn't dieting or even exercising. Now, down a lot of weight, and can't be happier.

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