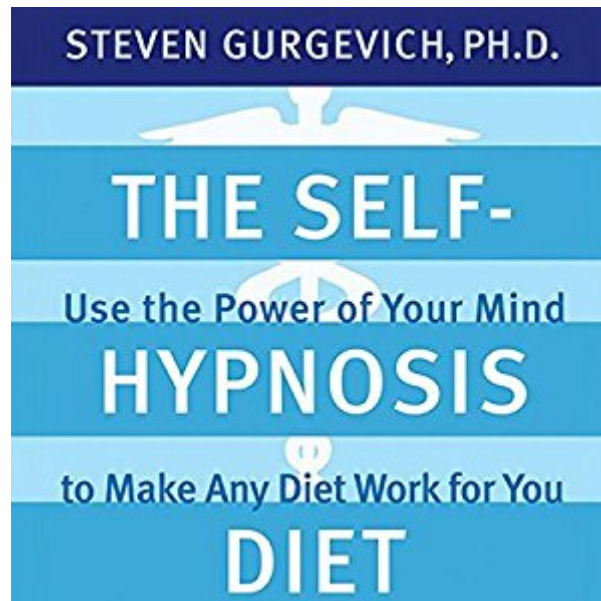


The book was found

# The Self-Hypnosis Diet: Use The Power Of Your Mind To Make Any Diet Work For You



## Synopsis

What's missing from the hundreds of diets on the market to help us achieve healthier bodies? "The most important element," teaches Dr. Steven Gurgevich, "is not in the body, but in your mind." As a key member of Dr. Andrew Weil's physician's training program, Dr. Gurgevich has brought hypnosis to the forefront of modern medicine. With *The Self-Hypnosis Diet*, he shows that anyone can use medical hypnosis to achieve long-term success in shifting our appetites to healthier foods and reaching our desired weight. With over three hours of instruction for using hypnosis to reduce your appetite, increase your metabolism, remove emotional barriers, and more, plus an "emergency" session to instantly deal with cravings.

## Book Information

Audible Audio Edition

Listening Length: 3 hours and 39 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Sounds True

Audible.com Release Date: December 21, 2005

Language: English

ASIN: B000E0LEN8

Best Sellers Rank: #14 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets #511 in Books > Self-Help > Hypnosis #539 in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition

[Download to continue reading...](#)

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) *The Self-Hypnosis Diet: Use the Power of Your Mind to Make Any Diet Work for You [With 6-Page Study Guide]* [SELF HYPNOSIS DIET 3D] [Compact Disc] *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 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*) *The Self-Hypnosis Diet: Use the Power of Your Mind to Make Any Diet Work for You*

Hypnosis: Master Hypnosis, Learn hypnosis now (Hypnosis, Hypnotism, Self Hypnosis, Mind control) Hypnosis: Medicine of the Mind: Hypnosis: Medicine of the Mind - A Complete Manual on Hypnosis for the Beginner, Intermediate and Advanced Practitioner QUANTUM SELF HYPNOSIS STOP SMOKING NOW: Hypnosis Script & Inductions Included! (Quantum Self Hypnosis Singles Book 2) NLP: Neuro Linguistic Programming: Re-program your control over emotions and behavior, Mind Control - 3rd Edition (Hypnosis, Meditation, Zen, Self-Hypnosis, Mind Control, CBT) The Self-hypnosis Diet: Use the Power of Your Mind to Reach Your Perfect Weight The Self-Hypnosis Diet: Use the Power of Your Mind to Reach Your Perfect Weight. Foreward By Andrew Weil Perfect Self Hypnosis: Lose Weight In Your Sleep: Create the perfect self hypnosis audio for yourself or as a gift for natural, diet free, weight loss in 30 days 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) Psychology: Hypnosis and Mind Control to Overcome Stress, Anxiety, Depression, & Finally Recover Your Happiness (Positive Thinking, Body Language, NLP, Mind Reading, CBT, Hypnosis Sex, Brainwashing) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Hypnosis Diet, Wendi's Hypnosis for weight loss PLUS EIGHT audio hypnosis MP3s Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet)

[Dmca](#)