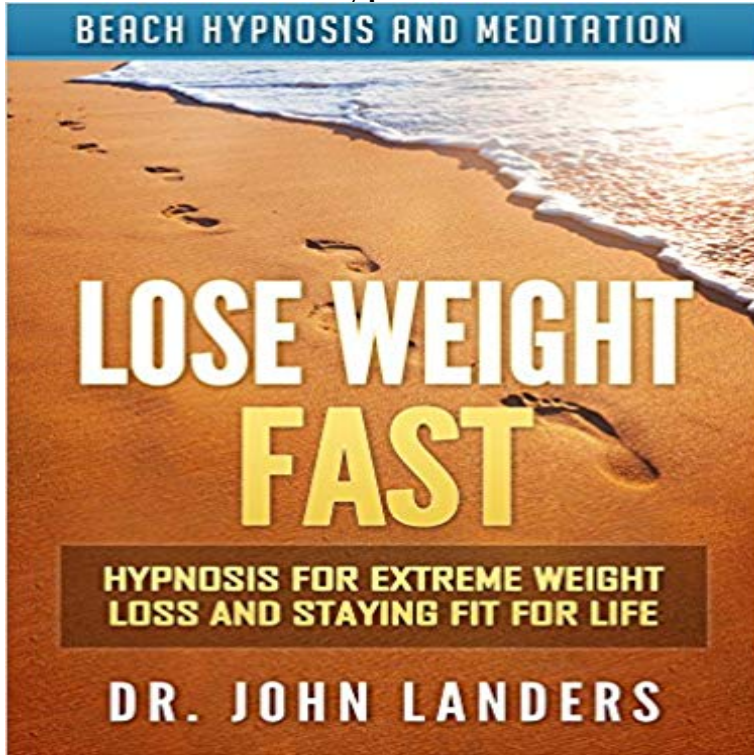


# Lose Weight Fast: Hypnosis for Extreme Weight Loss and Staying Fit for Life via Beach Hypnosis and Meditation



This is the script version of the audiobook. For the full effect, the audiobook is highly recommended. Losing weight can be difficult if you don't mentally prepare for the journey. Hypnosis is a way to prepare your subconscious for positive change and weight loss. The beach is the most effective place to induce a mindful and relaxed state of mind. Research has indicated the sound of water has a calming effect on the brain, leading to increased mindfulness, deep relaxation and a feeling of being one with the universe. These healing properties occur even when just the sound of water is present. This audiobook includes 7 different ocean and beach soundtracks to help diversify your sessions. You can listen to a different version each day of the week or as often as you prefer. Each beach setting is designed to help you relax and increase the effectiveness of your session. This audiobook includes the following 7 beach settings: 1. Serenity on the Beach 2. Lakefront Home Private Shore 3. Quiet Reflection on the Beach 4. Gulf of Mexico Ocean Waves 5. Crashing Waves on Cliff 6. Ambient Oasis 7. Ocean Waves Crashing on Rocks This hypnosis session uses neuro-linguistic programming, also known as NLP, to directly influence the subconscious mind with specific sentence structures and speech rhythms. While the sentence patterns might be confusing for the conscious mind, they are received clearly and directly by the subconscious.

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