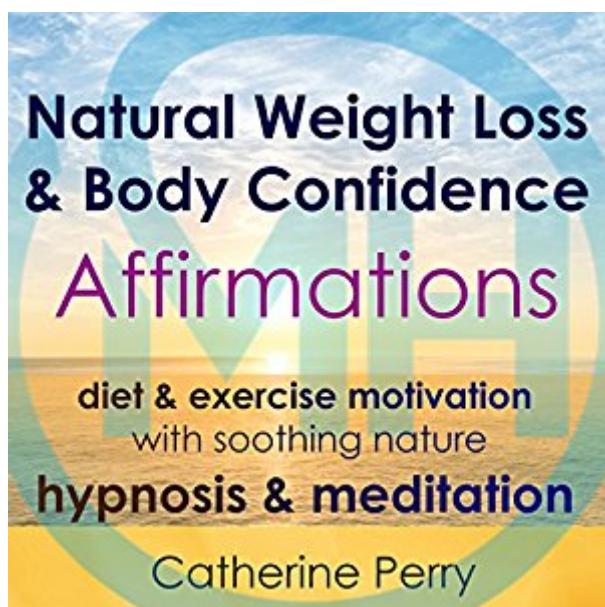


The book was found

# **Natural Weight Loss & Body Confidence Affirmations: Diet & Exercise Motivation With Soothing Nature Hypnosis & Meditation**



## Synopsis

Lose weight naturally and create body confidence! Get motivated to exercise and create healthy eating habits with affirmations. These affirmations are highly effective and a wonderful way to help you create habits for weight loss success and boost your confidence and self-esteem. Get diet help and exercise motivation now! Soothing nature sounds help your body and mind deeply relax, so that you can get the most out of your affirmations. These powerful, positive affirmations are approximately 20-30 minutes, with six different nature sound backgrounds to choose from to create a unique listening experience. Listen to as many as you'd like, whenever you'd like. We recommend listening to at least one version once a day for 21 days in a row. This program includes positive affirmations for weight loss and confidence that are specifically designed for the following benefits: Natural weight loss Motivation to eat healthier and exercise Find the fun in fitness Body confidence Natural energy Positive self-talk Stick to your diets easier These affirmations are designed to be listened to any time, day or night.

## Book Information

Audible Audio Edition

Listening Length: 2 hours and 55 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Hypnosis Enterprises, LLC

Audible.com Release Date: February 1, 2017

Language: English

ASIN: B01NC09X7K

Best Sellers Rank: #31 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets #1122 in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition #7820 in Books > Self-Help > Self-Esteem

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Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Rapid Weight Loss: Hypnosis for Losing Weight Fast and Increasing Your Motivation to Lose Weight via Beach Hypnosis and Meditation Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Diet & Exercise Discipline for Weight Loss & Fitness Goals: Sleep Learning Series, Guided Self Hypnosis, Meditation, & Affirmations Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss( The Calming Collection-The Weight is Over:Hypnosis/Meditation for Lasting Weight Loss\*\*)Guided Meditation and Hypnosis CD Weight Loss Plan For Women: Weight Maintenance Diet, Gluten Free Diet, Wheat Free Diet, Heart Healthy Diet, Whole Foods Diet,Antioxidants & ... - weight loss meal plans) (Volume 73) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Natural Rapid Weight Loss, Lose Weight Faster with Hypnosis, Meditation, and Affirmations: The Sleep Learning System Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know \*\*BONUS\*\* 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight)

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