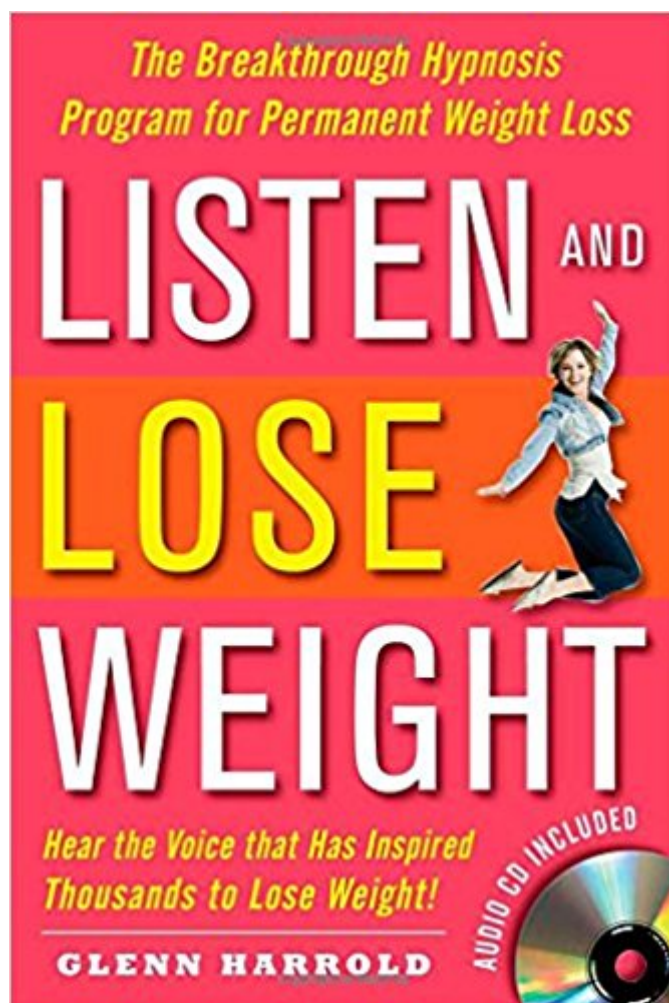


The book was found

Listen And Lose Weight: The Breakthrough Hypnosis Program For Permanent Weight Loss



Synopsis

Losing weight is all in your head! Imagine if the first step to losing weight were as simple as listening to a CD. The truth is, simply imagining a fit and healthy you while in a deeply relaxed state will lay the foundation for lasting change. With two 30-minute self-hypnosis programs on CD, *Listen and Lose Weight* and its accompanying audio hypnosis CD will help you learn to reprogram your mind on a deep, subconscious level. Maintaining a healthy lifestyle becomes second nature when you: Create new positive patterns of behavior Form a lasting desire to eat healthily and remain fit Build strong self-esteem and inner confidence Program your mind to achieve your weight-loss goal without struggle

Book Information

Paperback: 176 pages

Publisher: McGraw-Hill; 1 edition (October 28, 2007)

Language: English

ISBN-10: 0071497536

ISBN-13: 978-0071497534

Product Dimensions: 5.4 x 0.5 x 8.1 inches

Shipping Weight: 7.2 ounces

Average Customer Review: 3.7 out of 5 stars 11 customer reviews

Best Sellers Rank: #1,987,891 in Books (See Top 100 in Books) #25 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets](#) #1197 in [Books > Self-Help > Hypnosis](#) #8744 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss](#)

Customer Reviews

Glenn Harrold is Britain's bestselling audio hypnotherapist. His self-hypnosis techniques have helped half a million people overcome a wide range of problems such as anxiety, fear, low self-esteem, weight control, and many stress-related illnesses.

I've tried several self-hypnosis CD's, and I like this one best. It is by far the best technical production, possibly because Mr. Harrold has a background in the music business. Furthermore, he is so likeable. I cannot suppress a smile each time he says, "So, ready now..." I'm also fond of "On no account should you listen whilst driving." Seriously, he takes me into trance very slowly and carefully, with lots of reinforcements. Worth every penny, because I have lost a good deal of weight and this CD has helped me.

I ordered this book and CD set last year and have been very successful in losing weight. The weight seems to just drop off quickly and easily and it has been fun to keep going with the process. I continue to listen every now and again to reinforce the information I learned from the book and CD. I would recommend this set to everyone who is serious about weightloss. It worked wonderfully for me. I have been a big fan of Glenn Harrold's work ever since my first purchase of one of his other CD's. His voice is very soothing and relaxing. His technique works very well for me and I would recommend his work to everyone.

I read this book for motivation. You first have to start with self motivation, but this is a good start.

Have been using for about two weeks. You have to be open to relaxation and willing to accept suggestion. I chose to customize the program for me, by loading the cd to an mp3 file, then using an audio program to take segments of the audio out. What I ended up with was a custom audio file that I was then able to run in an endless loop. I did not want it waking me at the end of every 30 minute session. I have two programs from Glenn Harold that I run end to end, then loaded it to an mp3 player and set it to repeat so that as long as I wanted I could use the program... namely at night while sleeping. Normally as one sleeps there are periods of twilight sleep where we are most suggestable. This is how I use it. You are never in a deep trance, and when awake are totally aware of your surrounding. When the alarm goes off in the a.m. I wake normally. As far as the program itself goes, it is good. You get used to the british accent after a while, but is a little distracting in the beginning. Have been using my adjust program for two weeks and have lost ten pounds, without exercise or doing anything artificial. I find that I tend to eat a little less and get full faster. Seems I lose patience sitting at the table too long, especially if there is a lot of food. I wanted to see if the self hypnosis worked on its own merit before adding in an exercise program. My goal is to lose 1 pound a week. I have a lot to lose, but have not been successful in the long term with other programs I have tried. Every expert I talked to indicates that the bottom line is that it is all in the head. So, what better way to adjust than to change how I think about food and how I eat. So far so good.

Really works!

the cd will not download....and they will not contact you back...tried several times to get ahold of them they will not respond you will be stuck with only the book

I can't fairly rate the product as the CD that was supposed to be included was missing. I returned the product right away so can't give it a rating. Buyer beware that the CD could be missing if buying from this seller.

I just bought this item. It arrived in a timely fashion. I bought this book from a seller. I want to loose 90 to 100lbs by August 2013. In 2000, I lost 90lbs on my own, I was very motivated then... In 2005 with alot of stress factors in my life, I began to put back on the weight; an average of 22 lbs a year-and now I am almost back to the weight I was in 2005, after loosing the 90lbs (230lbs). I just don't have the motivation I should, nor do I have the willpower, even though I need to loose the weight for my health and many other reasons. I weight 216lbs and Im 5ft 6inches tall. Starting tonight, I am going to listen to the cd at least once a day, if not twice. I will post my success every month to let you know how much I am loosing. I also ordered the following cd's: over come addictions, exercise motivation, weight loss, and energy and motivational all by Glenn Harrold. I am also going to listen to the other cd's interchangeably. I am determined. I want to achieve this goal within the next twelve months... One of my New year Goals. The reviews on this were very good, so I thought I would give it a try...nothing to loose but the weight. If anyone has any suggestions, I would love to hear them. My email address is thereyleitzen2003@yahoo.com. Keep me in your prayers..."God Willing," I will reach my weight loss goal of 90 to 100lbs within the nxt 9 to 10 months...Thanks You for reading my comment..."GOD BLESS.....+"

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