

# **The Weight, Hypnotherapy And You Weight Reduction Program: An NLP And Hypnotherapy Practitioner's Manual [With CDRom] By Judith E. Pearson**

**By Judith E. Pearson**

Does weight-loss hypnosis really work or is it just one more scheme to take your money? Learn the truth from one woman who turned to mind control for weight-loss help.

Chapters cover the eight sessions of the Weight, Hypnotherapy, and You program from stopping emotional eating with stress reduction to making sensible food choices,

Hypnotherapy and YOU Weight Reduction Program: An NLP and Hypnotherapy Practitioner's Manual book and and 4 Practitioner's Manual. By: Judith E. Pearson

Hypnotherapy and You Weight Reduction Program: An NLP and Hypnotherapy Practitioner's Manual, Judith E. Pearson PhD is a Licensed Professional Counsellor,

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Hypnosis For Weight Loss: How To Unlock The Power Of Hypnosis To Assist You in Maintaining Weight Loss Motivation And Keep The Pounds Off For Good (Self

and YOU Weight Reduction Program: An NLP and Hypnotherapy Practitioner's Manual by Judith E Pearson. Hypnotherapy and YOU Weight Reduction Program:

About Judith E. Pearson: As a skinny little kid growing up in a blue-collar family on the outskirts of Kansas City, I never imagined I'd get a doctorate

Weight-loss hypnosis may help you shed an extra few pounds when it's part of a weight-loss plan that includes diet, exercise and counseling. But it's hard to say

Judith E. Pearson *The Weight, Hypnotherapy and You Weight Reduction Program: An NLP and Hypnotherapy Practitioner's Manual [With CDROM]* Language: English

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