

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

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The Weight, Hypnotherapy And You Weight Reduction Program: An NLP And Hypnotherapy Practitioner's Manual [With CDROM]

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Judith Pearson - The Weight, Hypnotherapy and YOU: Hypnotherapy Practitioner's Manual Author: Judith 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

Close your eyes. Imagine your food cravings floating away. Imagine a day of eating only what's good for you. Imagine hypnosis actually helping you lose weight

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 An NLP and Hypnotherapy Practitioner's Manual by Judith E

Di Judith E. Pearson, Judy Pearson is author of The Weight, Hypnotherapy And You, Weight Reduction Program: An NLP And Hypnotherapy Practitioner Manual

Judith E. Pearson books Hypnotherapy. Individual Mindfulness. Myth and Symbol. Neuro Linguistic Programming. Neuroscience. Organisational Psychology.

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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

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