



# Control Cravings for Sugar, Carbs & Junk Food, Weight Loss: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations

*Jupiter Productions*

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This "Control Cravings" program was designed to assist the listener in gaining a positive relationship with the body, channeling emotions in a healthy way, and gaining positive nutrition and exercise habits for weight loss and healthy weight maintenance.

Some say we are the sum total of what we surround ourselves with. For example, what we choose to watch on television or listen to on the radio, who we choose to surround ourselves with, and even the thoughts we think all have effects on our overall perceptions and thought patterns. Just like the foods we eat over time create our bodies, our thoughts shape who we are and ultimately what types of situations we manifest in our lives.

Sleep learning can benefit a listener in powerful ways. The mind stays active even while we are sleeping. For example, a mother may sleep soundly through thunderstorms and barking dogs, yet the sounds of her baby stirring in the next room will often awaken her instantly. Why not use this time (while you are asleep) to realize your potential?

In addition to therapeutic hypnotic techniques and meditative affirmations, this program is further enhanced by the use of brainwave entrainment such as solfeggio tones, isochronic tones, bilateral stimulation, and white noise. Listening at a very low volume is ideal and won't diminish your results.

Narrated by Anna Thompson, MA, MHP, LMHC, advanced clinical hypnotherapist.

Accomplish your goals and create the life you've always wanted starting today.



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#### **Sarah Maddocks:**

Nowadays reading books are more than want or need but also work as a life style. This reading addiction give you lot of advantages. The benefits you got of course the knowledge your information inside the book in which improve your knowledge and information. The information you get based on what kind of guide you read, if you want send more knowledge just go with schooling books but if you want sense happy read one with theme for entertaining including comic or novel. The Control Cravings for Sugar, Carbs & Junk Food, Weight Loss: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations is kind of book which is giving the reader unstable experience.

#### **Clarence Cobb:**

Precisely why? Because this Control Cravings for Sugar, Carbs & Junk Food, Weight Loss: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations is an unordinary book that the inside of the publication waiting for you to snap that but latter it will shock you with the secret it inside. Reading this book adjacent to it was fantastic author who all write the book in such incredible way makes the content within easier to understand, entertaining means but still convey the meaning fully. So , it is good for you for not hesitating having this ever again or you going to regret it. This excellent book will give you a lot of benefits than the other book have such as help improving your skill and your critical thinking way. So , still want to hold off having that book? If I were being you I will go to the reserve store hurriedly.

#### **Dorothy Alvarez:**

Playing with family within a park, coming to see the marine world or hanging out with good friends is thing that usually you have done when you have spare time, after that why you don't try factor that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Control Cravings for Sugar, Carbs & Junk Food, Weight Loss: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations, you could enjoy both. It is fine combination right, you still need to miss it? What kind of hangout type is it? Oh occur its mind hangout people. What? Still don't get it, oh come on its identified as reading friends.

#### **Stephanie Carter:**

This Control Cravings for Sugar, Carbs & Junk Food, Weight Loss: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations is great e-book for you because the content that is full of information for you who have always deal with world and still have to make decision every minute. This particular book reveal it details accurately using great manage word or we can declare no rambling sentences inside. So if you are read the item hurriedly you can have whole data in it. Doesn't mean it only will give you straight forward sentences but tough core information with beautiful delivering sentences. Having Control Cravings for Sugar, Carbs & Junk Food, Weight Loss: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations

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