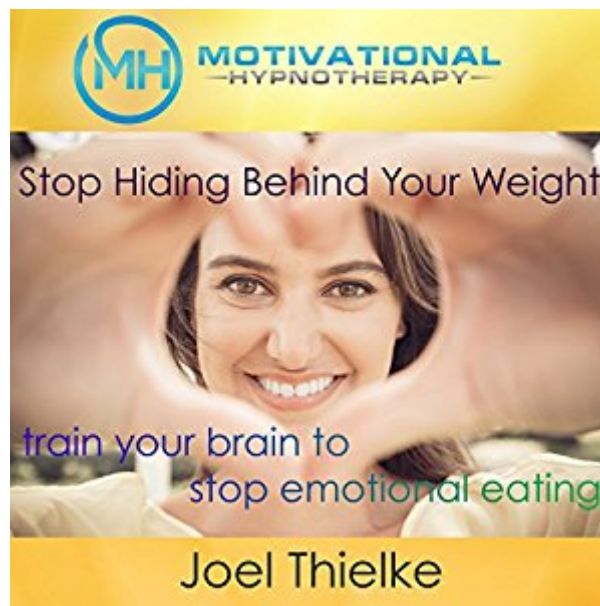


The book was found

# Stop Hiding Behind Your Weight: Train Your Brain To Stop Emotional Eating With Self-Hypnosis, Meditation And Affirmations



## Synopsis

Stop that urge to feed your feelings and hide behind your weight. Grow your confidence, empower yourself, and boost your self-worth and self-beliefs with this hypnosis and guided meditation program! Benefits of the program include: Faster and natural weight loss Increased confidence and empowering beliefs Letting go of self-doubt and negative self-beliefs More natural energy throughout your day Increased social confidence Motivational Hypnotherapy's Joel Thielke is a world-renowned hypnotherapist and author who has helped millions of people worldwide. This powerful hypnosis program is designed specifically to help you to stop hiding behind your weight, break the urge to emotionally binge eat, and deal with your triggers in a healthy and positive way. This is the perfect program for listeners of any age, no matter your level of hypnosis experience. We recommend listening to this audiobook for 21 days in a row to get the most out of your listening experience. Listen to the induction track, and if you fall asleep, that's okay. This program will work for you whether you are awake or asleep. It's a short, powerful program that will change your life and give you real results. This powerful hypnosis audiobook includes the following tracks: 1. About Hypnosis 2. Stop Hiding Behind Your Weight - White Light Induction 3. Mind Deepening Relaxation 4. Stop Hiding Behind Your Weight - Dual Induction 5. Stop Hiding Behind Your Weight - Deep Sleep Induction

## Book Information

Audible Audio Edition

Listening Length: 2 hours and 38 minutes

Program Type: Audiobook

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