



Weight Loss Adult Coloring Book: Weight Loss Hypnosis for Faster Weight Loss and Relaxation (Paperback)

By Dana Walsh

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****.Using just pure willpower to overcome cravings and engage in exercise and finally achieve weight loss doesn't always work as we all know it. If it did, dieting would be super easy and we'd all be at our own healthy, feel-great weights perfectly. Guess what? You don't have to tough out an unrelenting yen to house a box of Cheez-Its, you just need to fool yourself and your mind into thinking what you actually want - losing weight, and make it don't want to eat the junk food in the first place. It's easier than you think; The power of the mind over the body is immeasurable. Get that weight loss motivation and a conditioned mind your body needs to shed the pounds through relaxing with this coloring book. This coloring book contains 30 weight loss motivation images that are meant to automatically imprint on your mind and let your subconscious hypnotized about what your body actually wants. They are spread out on wide pages for ease of coloring and relaxation. Enjoy! People who buy this...



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