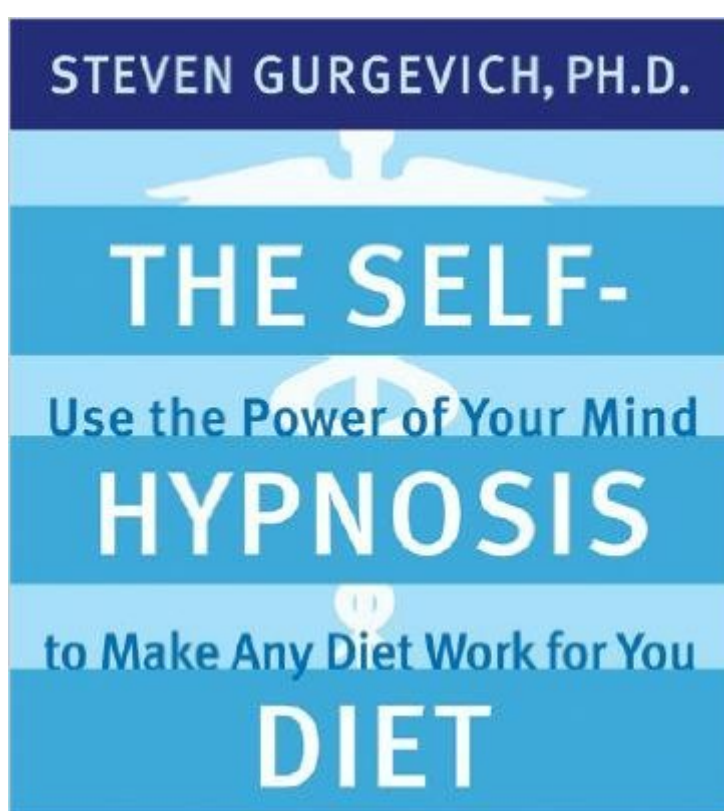


The book was found

# The Self-Hypnosis Diet: Use The Power Of Your Mind To Make Any Diet Work For You [With 6-Page Study Guide]Â Â [SELF HYPNOSIS DIET 3D] [Compact Disc]



## Synopsis

If you've ever been on a diet, you know that planning your menu is not the hard part - sticking to that plan is. ... But what if you had a way to change your cravings and state of mind with the power of deep relaxation? With The Self-Hypnosis Diet, Dr. Steven Gurgevich provides you with clinically proven methods of self-hypnosis to unlearn old eating patterns, and to create new and lasting behaviors for succeeding with a healthy diet. As a premier member of Dr. Andrew Weil's physician's training program, Dr. Gurgevich has brought hypnosis to the forefront of modern medicine. Now this pioneer of mind-body healing teaches you how to apply the power of medical hypnosis to the unique challenges of dieting.

## Book Information

CD-ROM

Publisher: Sounds True, (January 31, 2006)

Language: English

ASIN: B008KK47QK

Product Dimensions: 5.7 x 5.2 x 0.6 inches

Shipping Weight: 4.8 ounces

Average Customer Review: Be the first to review this item

Best Sellers Rank: #6,486,311 in Books (See Top 100 in Books) #75 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets #1135375 in Books > Reference

[Download to continue reading...](#)

The Self-Hypnosis Diet: Use the Power of Your Mind to Make Any Diet Work for You [With 6-Page Study Guide] [SELF HYPNOSIS DIET 3D] [Compact Disc] Hypnosis: Self Hypnosis, NLP & Mind Control 6 Steps To End Depression, Anxiety & Stress FREE BONUS (Hypnosis, Mind Control, NLP, Self Hypnosis, Hypnosis ... Hypnotism, Self Hypnosis For Beginners) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) HYPNOSIS FOR WEIGHT LOSS: SELF HYPNOSIS as you read (FREE Life Mastery Bonus Toolkit Included!) (Self Hypnosis As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio Book 3) The Self-Hypnosis Diet: Use the Power of Your Mind to Make Any Diet Work for You Hypnosis: Master Hypnosis, Learn hypnosis now (Hypnosis, Hypnotism, Self Hypnosis, Mind control) Hypnosis: Medicine of the Mind: Hypnosis: Medicine of the Mind - A Complete Manual on

Hypnosis for the Beginner, Intermediate and Advanced Practitioner The Self-hypnosis Diet: Use the Power of Your Mind to Reach Your Perfect Weight The Self-Hypnosis Diet: Use the Power of Your Mind to Reach Your Perfect Weight. Foreward By Andrew Weil Compact Disc Troubleshooting and Repair NLP: Neuro Linguistic Programming: Re-program your control over emotions and behavior, Mind Control - 3rd Edition (Hypnosis, Meditation, Zen, Self-Hypnosis, Mind Control, CBT) QUANTUM SELF HYPNOSIS STOP SMOKING NOW: Hypnosis Script & Inductions Included! (Quantum Self Hypnosis Singles Book 2) Psychology: Hypnosis and Mind Control to Overcome Stress, Anxiety, Depression, & Finally Recover Your Happiness (Positive Thinking, Body Language, NLP, Mind Reading, CBT, Hypnosis Sex, Brainwashing) THE COMPACT, NO-NONSENSE GUIDE TO BADMINTON (COMPACT, NO-NONSENSE GUIDES Book 1) Perfect Self Hypnosis: Lose Weight In Your Sleep: Create the perfect self hypnosis audio for yourself or as a gift for natural, diet free, weight loss in 30 days Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power Make Your Own Wreaths: For Any Occasion in Any Season Every Page is Page One How to Create and Manage a Facebook Page: Creating and Managing a Facebook Page

[Dmca](#)