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Doctor Nagler's Hypnosis For Weight Loss CD



Synopsis

Welcome to Doctor Nagler's Hypnosis for Weight Loss Program. You can lose 5-10 pounds this week, and 2-3 pounds every week, without dieting. All you need is one session, which takes about an hour. Hypnosis is simple with no side effects. This program gives you the control you need to lose weight, by implanting a new thin belief system in your subconscious mind. For the first time in your life, you will be satisfied eating less. You will be in control of your hunger, not the other way around. You don't have to follow a special diet to lose weight after hypnosis. You stop overeating, so your weight falls off naturally. After hypnosis, you think and act like a thin person. You will eat less automatically and lose weight. Bill Nagler, M.D.

Book Information

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Average Customer Review: 3.0 out of 5 stars Â See all reviews Â (6 customer reviews)

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Customer Reviews

I had high hopes that this would work for me but it didn't. From reading another review, I knew that this was a computer cd (not a cassette). This was fine but it made replaying the program more difficult. The program must be downloaded to your pc & then it tell's you a bit about Dr. Nagler and how the program works. The most important thing said is that you only have to hypotize yourself once (which takes about 45 minutes) for this to work. A lot of the program is focused on relaxation techniques & then Dr. Nagler states a few affirmations and it's over. I think that I need more affirmations then the ones given. I decided to do the program on a daily basis, hoping that it would eventually work for me. It didn't. I was highly disappointed and felt that I had wasted my money. It might work for others but I had no luck with this.

I would just like to alert buyers that this is a computer CD and I was expecting an audio CD. I just listened and watched the program for the first time. The graphics are PowerPoint slides mostly to be

read. Then the audio starts and you get hypnotized. It ran fine on my Window 2000 Pro system and I don't presently have PowerPoint installed. I might not work on a Macintosh. It doesn't state if it does or not. ... I do like the program and will post another review after I have used it for a couple of months.

The CD hypnotizes you to control your hunger. It was very interesting. I am now able to eat about half portions and be satisfied. The program worked for me, and I would recommend it to others.

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