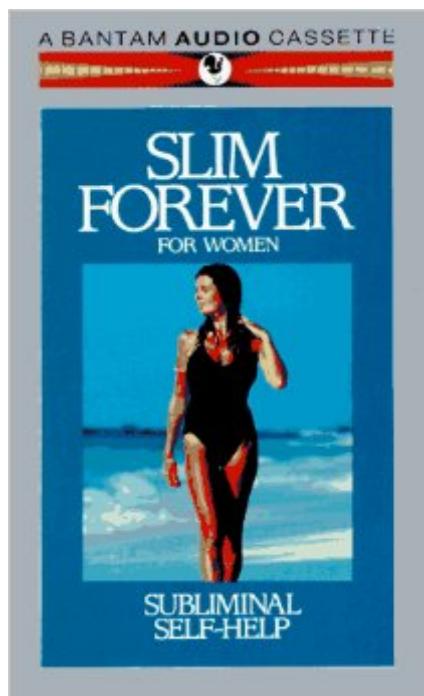


The book was found

Slim Forever For Women: Subliminal Self-Help



Synopsis

It's a scientific fact: subliminal persuasion works. Now you can lose weight anywhere, anytimeâ "without dieting. Play SLIM FOREVER on your CD player as you dress in the morning, travel to work, or when you want to unwind. Just listen to this gentle combination of soothing relaxation techniques, soft music, and persuasive affirmations and let your subconscious do the rest. Soon you'll discover a new inner energy that will burn off pounds quicker and easier than you ever dreamed possibleâ "and keep them off forever! The key to success is in your mind.

Book Information

Audio Cassette

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Customer Reviews

I bought this tape during the first week of December and listen to side one almost every night. I can't sit in a chair uninterrupted for 30 minutes like the tape says to, so I listen to it after I go to bed. I listen to side two, the subliminal side with music, whenever I can while driving to work, making supper, cleaning house, etc. I'm already a fairly optimistic person, but after the first ten days, I felt SO CHEERFUL! I also lost two pounds. I was amazed; I had always gained weight during the holidays and this was the first time I had actually lost weight. Now it's been three weeks, and I'm noticing an unfamiliar, delightful change in myself. Just today I unthinkingly popped a handful of raisinettes into my mouth, and immediately had no appetite for them. I had to spit them out. Again, I was surprised that I was having these thoughts of not wanting sweets, as I have always craved them. I've lost three more pounds. The tape is not just a bunch of suggestions to eat sensibly; it is powerful persuasion that rewrites your brain to eat right without thinking about it, without even trying. I can see why the tape requires six weeks of daily listening, because years of bad eating habits

takes awhile to change!

Before using this tape, I was 5'6" and weighed 200 pounds. I would snack from the time I got out of bed until lunch, eat a substantial lunch, snack a little throughout the afternoon, and eat a full dinner. Then I started listening to the subliminal side of the Slim Forever tape as background music while I read books, paid bills, puttered around the house, whatever. I only listened to the self-hypnosis side occasionally. In just a week or so, I noticed that I was eating a "reasonable" (fruit, toast) breakfast and wasn't thinking about lunch until lunchtime. In four months, I lost 40 pounds without even putting forth any effort -- no "dieting," no calorie counting, no packaged foods, no pills, no calisthenics or aerobics. I just began to eat healthily without even paying attention. I didn't weigh myself daily; I didn't use any other aids, tips or plans. I knew by the way my clothes became too big for me that it was working. On the mornings when I did step on the scales to see what number it would show, it was a real esteem booster. When I thought I was "done" with the tape, I loaned it to a friend. Now I find I need it again -- or need some kind of maintenance program. I kept the weight off until I got pregnant, but I'm having trouble getting rid of the "baby fat." Time to order another copy.

I have tried everything, fad diets, starving myself you name it. I would exercise faithfully for a couple of months then give up again. After six months I have lost 18 pounds and am still losing. I have changed my way of thinking about food and myself. I am happier than I have ever been. This tape is truly a wonder. But you do have to listen to it everyday, both sides for six months to get yourself reprogrammed, even though you start losing weight after the first month. I have worn my tape out and am buying another. Thank you Slim Forever!

I bought this tape to use in conjunction with my final return to Weight Watchers. I knew that my weight issues all had to do with my view of food and use of food -- I wanted to rewire my thinking. This was a good mental booster to keep me focused. Sometimes, I even heard myself repeating the lines on the tape when I was getting ready to eat for a reason other than hunger. It stopped me and got me out of the kitchen. I listened to it in the car almost every day for a year (even the tape tells you not to listen to side A in the car). Anyway, I am now 20 lbs lighter and feel like food isn't the demon in my life it always has been. 20 pounds isn't much, but for someone who has been on a diet since 2nd grade, finally feeling like you've got food figured out at age 35 is the real prize.

I have literally worn out two copies of Slim Forever by Audio Activation, in the last 10 years! I was so

glad I could still get it on .com! I have lost 41 pounds and kept it off for a long time. Now, I often listen to the tape when I want to relax and fall asleep easily. I also quit smoking and used this tape to keep from gaining weight. In the beginning, I doubted that little cassette would help me lose weight and keep it off for a lifetime. It took a couple of weeks for me to begin to notice little changes in the choices I was making. The first time I noticed the tape was working was when I was at a salad bar, trying to decide what looked good. The potato salads, slaws and fattening dressings just didn't look good to me anymore! But the plain veggies sure did! And they were very satisfying! The point is this tape changes the way you think about food and you naturally start choosing healthy stuff! And you love it! Give this tape a chance. Listen at least once a day for at least 30 days. I promise you will be amazed at the power of your own mind!

I've found the tape very very pleasant to listen to. I've only listened to the tape for four days but I've noticed a spring in my step, instead of the 'heavy legs feeling' I normally experience because of my job. Also, I'm the personality type to always have some anxiety going on within, but I've noticed that I'm now much more relaxed, and that in itself is really a great feeling. Also, unbelievably, I discovered a piece of fruit in my hand, instead of the routine Hershey bar! Today, when I went out to lunch with my husband, I found myself craving a green salad, so I ordered it and it tasted like the best salad I've ever ate. Something very strange is going on here.....and I'm liking it.

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