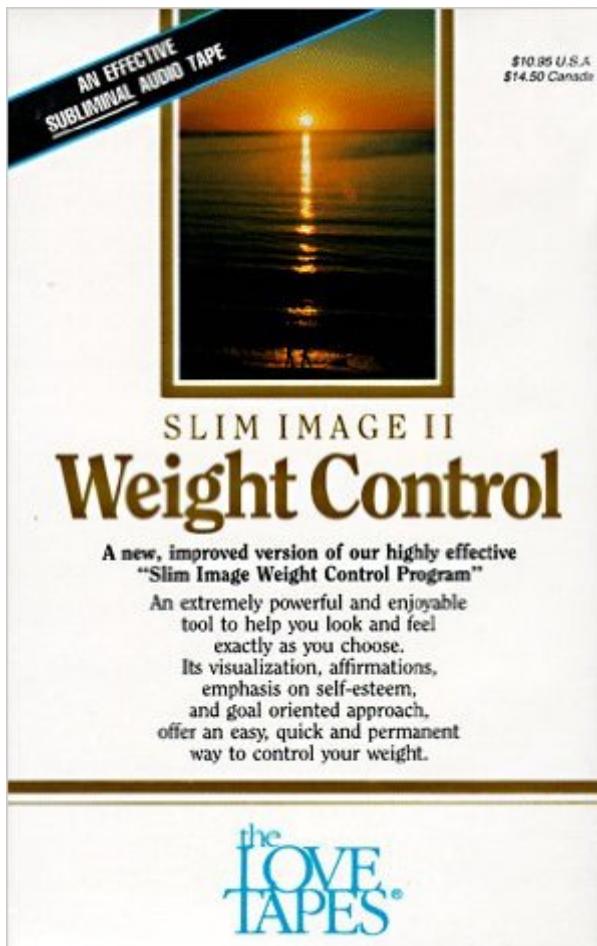


The book was found

Slim Image II/Weight Control (Love Tapes)



Synopsis

A powerful and enjoyable tool to help you look and feel exactly as you choose, Slim Image: Weight Control features visualization, affirmations, emphasis on self-esteem, and a goal-oriented approach. Available now.

Book Information

Series: Love Tapes

Audio Cassette

Publisher: Effective Learning Systems (December 1, 1991)

Language: English

ISBN-10: 1558480463

ISBN-13: 978-1558480469

Product Dimensions: 4.6 x 0.9 x 7.2 inches

Shipping Weight: 3.5 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (7 customer reviews)

Best Sellers Rank: #1,472,088 in Books (See Top 100 in Books) #23 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets #869 inÂ Books > Self-Help > Hypnosis #9495 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

This tape tackles weight loss as a body image issue. Side one is a relaxation session, using visualization techniques read by Robert Griswold. Side two has flute/new age music with subliminal messages only. The tape is fairly short, but effective.

He uses affirmations and relaxation to help you with your self-image. It really helped me in my journey of weight loss. I still listen to the tape once a day, and along with diet and exercise, the pounds are coming off!

I use this at home when I am relaxing or right before sleeping. Very positive and supportive. It is suitable for use with all diets. I am finding it does help me stay on track with my diet and is extremely helpful to combat those kinda blue feelings you sometimes get when dieting.

I used to have the cassette tape and finally upgraded to the CD. I'm so glad I did. I feel so good after listening to it, and the programming is really sinking in. I've been listening every night for 2 weeks

and I can see a big difference in my outlook on life, the way I feel about myself, and most importantly my eating habits! I encourage anyone who is on the fence to give it a try!!

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Slim Image II/Weight Control (Love Tapes) Imagery and Disease: Image-Ca, Image-Sp, Image-Db : A Diagnostic Tool for Behavioral Medicine Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Weight Watchers: Smart Points Guide - 77 Delicious Weight Watchers Recipes For Rapid Weight Loss! (Smart Points, Weight Watchers Cookbook, Weight Watchers 2016, Recipes) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) DETOX SECRET & WEIGHT LOSS SMOOTHIES: Detox Secret & Weight Loss Smoothie Recipes for Everyone Who Want to Be Slim 10 Day Green Smoothie Cleanse: Lose 15lbs with 10 Day Green smoothie diet For Weight Loss. Weight loss green smoothie recipes,green smoothies: Sip Up, Slim Down ! Lose upto 15 Lbs in 10 Days! Diet > Comparison of Most Popular Diets and Weight Loss Plans: Atkins, Biggest Loser, DASH, Jenny Craig, Mediterranean, Slim-Fast, South Beach, Vegan, Volumetrics, Weight Watchers The Wounded Healer: Ministry in Contemporary Society (Doubleday Image Book. an Image Book) Martyrs of El Salvador/ Their Tapes and Letters Dias Y Dias De Poesia / Song Tapes To Set the Record Straight: The Break-In, the Tapes, the Conspirators, the Pardon WEIGHT WATCHERS RECIPES: Weight Watchers Slow Cooker Cookbook The SmartPoints Diet Plan: Easy Crockpot Recipes for Rapid Weight Loss including SmartPointTM (Weight Watchers Smart Point Recipes) Heart Health: Heart Healthy Cookbook: 30 Quick & Easy, Heart Healthy Greek Recipes For Smart Heart Health (cooking, weight loss, weight maintenance) (cooking, ... weight maintenance, weight watchers Book 1) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) Weight Watcher for Rapid Weight Loss: Lose Up To 30 lbs. in 30 Days (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) How To Lose Weight Without

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