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# Cravings Buster, Stop Cravings And Lose Weight With Hypnosis & Meditation: Better Health And Diet Help



## Synopsis

Stop cravings for unhealthy foods, lose weight, and create better eating habits that stick. Take charge of your diet and weight loss today with this hypnosis program, Cravings Buster, Stop Cravings and Lose Weight with Hypnosis and Subliminal, Better Health and Diet Help from hypnotherapist, Erick Brown. This hypnosis book is designed for people who want to create their own hypnosis recordings (for personal use only). It is an easy-to-use guide that can be tailored on a person-to-person basis. There are three main parts to the script: the induction, hypnosis pattern, and endings. We have included both "sleep" and "wake" endings for your convenience. The induction is a unique version of the standard "staircase induction" used by many professional hypnotherapists. The entire script is intended to be delivered in normal tone with normal breathing, making sure to honor the pause breaks for at least 15 seconds or longer. What are you waiting for? Stop your cravings today! \_\_\_\_\_

Reviews for Erick Brown Hypnosis: "You saved my life, and I'm not exaggerating. I started your Extreme Weight Loss program two months ago, and I've lost 60 lbs! I have so much more energy and finally feel great in my body." "Tina M., Overland Park, KS" "Thank u! I use your confidence app and I have never felt better! I fall right asleep at night and wake up and feel awesome!" "Jaycee F., Las Vegas, NV" "His voice is so relaxing! I've tried other apps before but his are by far the best! I usually fall asleep before I get to the main part of the app, haha!" "Brandon H., Austin, TX" "The law of attraction program is my favorite, I used it for a week and seriously got a new job offer like a few days into it, then I got another one at the end of the week! It was insane. I just wanted to let you know that your products are the bomb!" "Shane M., Los Angeles, CA"

## Book Information

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(Includes a 7-Day Meal Plan to Lose Weight Now) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, ... diet food, Zone diet for beginners Book 1) Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier (meditation for beginners, zen, energy healing, spiritual ... meditation books, meditation techniques) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Dash Diet: Dash Diet For Weight Loss: Your Dash Diet Cookbook And Guide, Lose Weight Fast, Lower Blood Pressure, And Live A Healthy Life (Dash Diet, Dash ... For Weight Loss, Dash Diet For Beginners) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss))

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