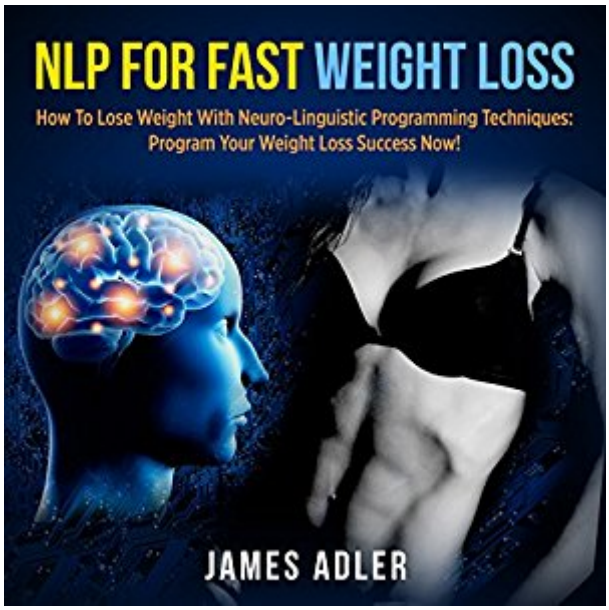
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NLP For Fast Weight Loss: How To Lose Weight With Neuro Linguistic Programming – Program Your Weight Loss Success Now



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Synopsis

NLP for Fast Weight Loss: How to lose weight fast using powerful NLP techniques. Relax and reprogram your mind as you listen! You are about to discover the methodology behind the most powerful strategy to transform your body fast. You see, whether you realize it or not, your subconscious mind can help you stay motivated and committed to your weight-loss journey so that you enjoy it and never fall off track. Are you tired of depressing diets, soul-crushing workouts, and yo-yoing back and forth? Would you like to change your relationship with health, fitness, and dieting? If you are looking for long-term success, the only way to lose weight permanently is to change your attitude toward and beliefs about food. Your subconscious mind controls your beliefs, behaviors, and actions, and the only way to change your subconscious is through NLP - neurolinguistic programming. This guide will help you create change, change your mind-set, and lose weight by getting to the root of the problem. Many people don’t realize that the mind controls the body, and the only change that must occur is in the mind. With the powerful material contained in this guide, there is no need to change your body directly, restrict calories, or torture yourself with unrealistic cleanses, as trying to do so never lasts. It’s not about going on another fad diet. What are you waiting for? Your mind wants what is best for you, and once you decide to adopt positive, beneficial beliefs, your body will reflect that. With this guide you will learn the best NLP strategies to release weight permanently. Just relax and enjoy learning something new, and your mind will take care of the rest! It’s really that easy. What are you waiting for? Create the body you want with NLP!

Book Information

Audible Audio Edition
Listening Length: 1 hourÃ Â andÃ Â 6 minutes
Program Type: Audiobook
Version: Unabridged
Publisher: Holistic Wellness Books
Audible.com Release Date: June 14, 2016
Language: English
ASIN: B01H0T06XY
Best Sellers Rank: #35 inÃ Â Books > Self-Help > Neuro-Linguistic Programming #61 inÃ Â Books > Self-Help > Hypnosis #1925 inÃ Â Books > Audible Audiobooks > Health, Mind & Body > Self-Help

Customer Reviews

IÃƒÂ¢Ã â ¬Ã â„¢ve taken a class on NLP and learned how to ÃƒÂ¢Ã â ¬Ã Å“stack and anchorÃƒÂ¢Ã â ¬Ã Â• to bring myself back to a better state, which I use often. I love that thereÃƒÂ¢Ã â ¬Ã â„¢s a book that shows us how to use NLP to lose weight. Adler takes you through step by step with the visualization technique. Loosing weight is more than just dieting; itÃƒÂ¢Ã â ¬Ã â„¢s a mindset. With combining your weight loss goals with NLP you learn how to shift your mind to align with your end goals. Once youÃƒÂ¢Ã â ¬Ã â„¢ve learned the technique, Adler takes you through how to use it during each stage of your diet (during through maintenance) and anchoring in good habits over bad ones. If you do the exercises in this guide and play full out you will reap the rewards of fast weight loss with this method.

I was unsure what to expect, thought NLP was airy-fairy BS initially...however, was pleasantly surprised. it seems that our brains help to manifest our destiny givent he correct verbiage.

A lot of books of NLP and pratictioner courses use a short range of exemples to ilustrate the bunch of techniques taugth, such as Swish pattern and others rapid submodalities change. Is very interesting, and useful, the context of weight loss. At the bottom, the sucessful strategies of the author is a wonderful argument to support the definition of NLP: the study of the subjective experience' structure.

This book ,NLP for Fast Weight Loss, is a well written, concise, and straight forward in applying Neuro LInguistic Programming to weight loss. NLP is a subject matter that I find fascinating and have personal experience in using it to achieve results.There is nothing in this book that is misguided. There is no fluff and the personal nature of the book really brings the subject to you in a way that inspires. The bonus chapter particularly on energy diet is well worth the read by the way. I would recommend anyone looking to lose weight to consider NLP visualization techniques. They have worked for me in business and I know that its transferable to weight loss and just about everything else that one may want to achieve.

I've been very into exploring NLP for the past few years and I hadn't seen too much on NLP and weight loss. However, I found this one and it had a very interesting take on weight loss that I think can be highly effective - as I've seen the powerful effects of NLP. I personally don't need to lose weight but some of the people I work with are into weight loss and I am going t try some of these techniques for weight loss. Recommend if you want something new to try!

Another coach recommended this book to me and IÃƒÂ¢Ã â ¬Ã â„¢m glad I added it to my library. Lately I have been getting a lot of clients looking to lose weight. IÃƒÂ¢Ã â ¬Ã â„¢ve done some NLP coaching in the past but not for weight loss. This book gave the tips and tools that I need to make sure that my clients have long term success. This was an informative read and I look forward to reading more from this author

Neuro-Linguistic Programming is a form of psychotherapy. This book is unique and important for many people that are overweight because in many cases, people are overweight because of psychological issues. The metaphysics also play a part in why people gain weight and can't lose the pounds. Once you get your mind triggered in the right frame, you can achieve things so much quicker and weight loss is no exception. Very Good Read; Recommended.

Hard to listen to as it sounds very robotic. Hiring someone with a pleasing voice would make this a lot better.

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