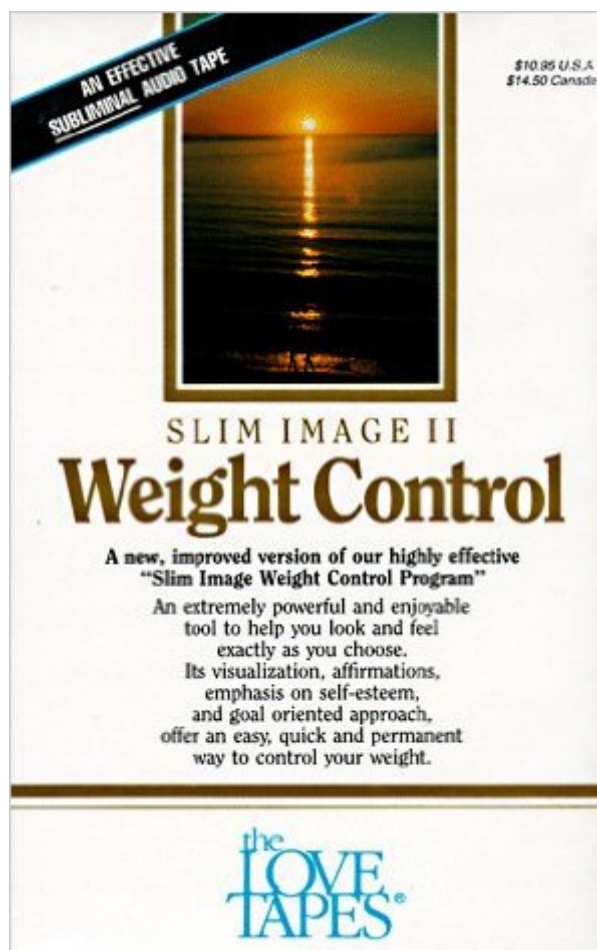


The book was found

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 Â 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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