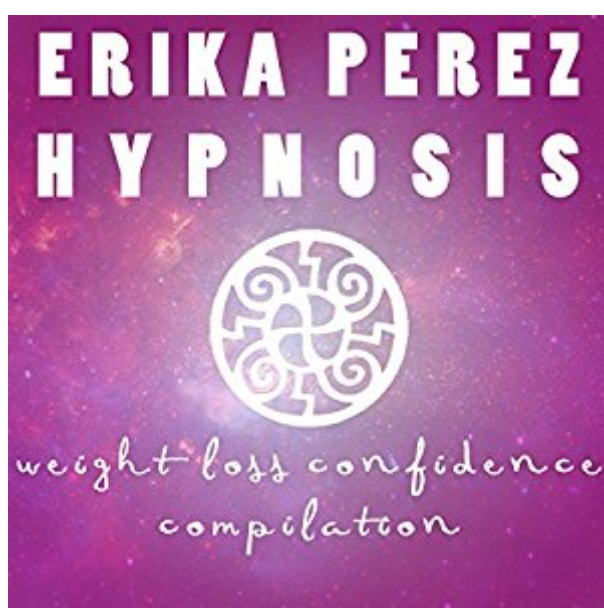


The book was found

La PÃ©rdida De Peso & La Confianza ColecciÃ³n EspaÃ±ola De Hipnosis: [Weight Loss & Confidence Spanish Hypnosis Collection]



Synopsis

This Spanish hypnosis collection, **Weight Loss & Confidence**, is a new collection of hypnosis scripts from certified hypnotherapist Erika Perez, which focus on weight loss, exercise motivation, and healthy eating. This collection of scripts is entirely in Spanish, and includes the following: Motivacion para Hacer Ejercicio (Exercise Motivation) Perdida de Peso y Auto Estima (Healthy Weight Loss & Self-Esteem) Controla tus Impulsos (Control Your Impulses) Confianza y Auto Estima (Confidence & Self-Esteem) Cambia tus Malos Habitos (Change Your Bad Habits) Sueno Profundo (Deep Sleep) Also included in this hypnosis audio are two different inductions, a Beach Induction and a Staircase Induction. Each script has an ending already attached. Please note: This audiobook is in Spanish.

Book Information

Audible Audio Edition

Listening Length: 6 hours and 42 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Subliminal Affirmations LLC

Audible.com Release Date: January 17, 2013

Language: Spanish

ASIN: B00B21YCE6

Best Sellers Rank: #125 in Books > Audible Audiobooks > Language Instruction > Spanish
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