



The Fat is in Your Head: How to Leverage Your Unconscious Mind to Lose Weight with Self-Hypnosis

Rob Malone

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This is a straight forward book on how to use self-hypnosis for weight loss. This is a very easy to read step by step process that makes self-hypnosis easy. The author gives a brief history of hypnosis and it's origins. From there he very clearly explains why hypnosis works. After you have a basic understanding of the hypnosis process the author then teaches four different methods the reader can use to achieve a hypnotic trance. Additionally the reader will learn how to craft suggestions for weight loss to implement while in a hypnotic state. Additionally the author tells the reader how to record their own hypnosis audios for their personal use. This makes hypnosis very easy. After reading this book the reader will understand why hypnosis works and how they can use it to positively change their life, lose weight and keep it off.

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