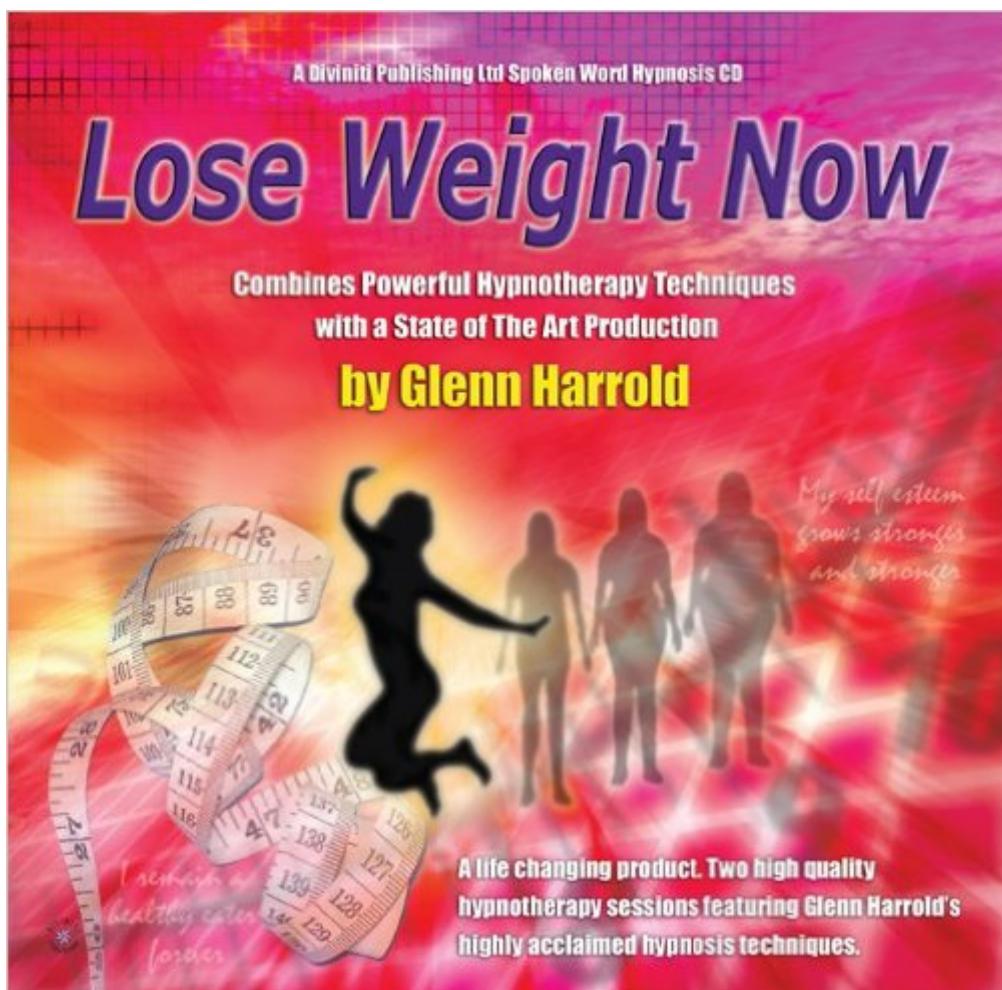


## The book was found

# Lose Weight Now (Diviniti)



## Synopsis

Lose weight the easy way with this superb, high quality weight loss hypnosis CD by Glenn Harrold. Losing weight is easy when you are in full control of your eating habits. Hypnotherapy is uniquely effective in programming the mind to create a strong and lasting belief that you only eat small amounts of healthy food and genuinely enjoy exercising. This hypnosis tape/CD will help you achieve these aims in a safe and natural way, free of any harmful side effects. After being safely guided into a very deep state of complete mental and physical relaxation, you will be given multiple post hypnotic suggestions to release any need or desire for sweet or fattening food. You will want to eat smaller amounts of healthy food instead. This high quality hypnosis CD recording utilises skilled weight control hypnotherapy techniques, and it will help you to break any negative associations with eating and dieting. By taking full control of your eating habits, you will begin to lose weight the best way possible - slowly and steadily. You will also feel motivated to take more exercise and to remain a healthy eater forever, even after you have reached your target weight. Lose weight now features two 27 minute hypnotherapy sessions containing: A pleasant voice guiding the listener into a completely relaxed state of mind & body. Hypnotic echoed background vocals panning from left to right across the stereo range - a deeply relaxing and uniquely hypnotic effect. 60 beats per minute digital sound effects & powerful subliminal suggestions - all compounding the overall effect. This powerful hypnotic weight control CD is one of our best sellers and the CD version was at number 2 in the UK's overall best selling self-help audio charts for 2005. It is also our number 1 best selling title in the USA. Weight loss through hypnosis is the natural solution.

## Book Information

Audio CD

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Product Dimensions: 5.6 x 0.4 x 5 inches

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Average Customer Review: 4.0 out of 5 starsÂ See all reviewsÂ (46 customer reviews)

Best Sellers Rank: #802,210 in Books (See Top 100 in Books) #12 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets #267 inÂ Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #406 inÂ Books > Books on CD > Health, Mind & Body >

## General

### Customer Reviews

Before listening to this CD, my mind was a battle ground between the desire for thinness and the lust for the fantastic-tasting goodies of life. It was diet after diet and failure after failure. After just one exposure to the hypnotic suggestions on this CD, I suddenly behaved in a different way. No more dinners of frozen yogurt and toasted raisin bread with a stick of butter. I now choose to eat fresh, colorful vegetables and rice. It isn't that I am forcing myself to do this, I want to do it. The ideas on this tape are very healthy, but what I value more is that the techniques are very powerful. Years ago, I consulted a hypnotist who made me a tape of our session, and it was nowhere near as effective as the deep trance and fantastic results I can achieve using this CD. I am very enthusiastic about this way of relating to food and instead of having a love-hate relationship with food, I now appreciate my subconscious mind for the help it is giving me in reaching the goal I really, really want--freedom from both diets and weight gain.

I bought this CD a week ago on a bit of a lark. I was skeptical, but thought I'd try it just to see... I have been falling asleep to it every night with my walkmann on, (I don't have TIME to do this except when I go to bed at night.) I have already lost 4 pounds without feeling like I am on a weight loss program of any kind. I believe that it does work, in that it instills a desire to eat smaller portions of healthy foods. Follow the instructions. Don't listen unless you are where you CAN safely fall asleep, because it does lull you to sleep! I plan to continue with it until I am down to my goal weight, and then I will switch to the "keep the weight off" track for a while. I am very pleased with this purchase and would reccommend it to anyone who is interested in taking a new and different approach to changing their eating habits. If you do try it, I am interested to see if it works for you, so I hope you post a review. GOOD LUCK!

I've been using Glenn Harrolds Weight Loss tape for three months now and it's wonderful. Although I lost focus for awhile and was expecting to just listen to the tape and it would do the work I am now back on track. You need to remember that you're working with your mind and must stay focused. The music is very uplifting and his voice calms me at the worst of times. I've lost twelve pounds with no drugs and I don't have to watch everything I eat, my cravings are gone.

I bought this CD over two years ago. I was afraid that I would be too hypnotized to answer the

phone or hear the smoke alarm, but that is not the case. I listened to the CD while falling asleep nearly every night for several months. Glenn Harrold's voice is better than Prozac. Listening to the CD kept me destressed all day long. It effected every area of my life--not just weight loss--making my entire day, every day, much more bearable. I was much better able to follow my own nutrition guidelines. Good thing, because he doesn't give any--he's not a dietician, you'll still need one of those. When I'm feeling stressed, I pop in this CD. Yes, I did lose weight and I continue to do so. It helped me to faithfully commit to keeping up my nutrition journal, even to this day, which keeps me on track. It's two years later and I still listen to it when I need a boost. Oh, and the best thing I ever did for myself? Hire a personal trainer and a dietician.

I had such great success with Glenn Harrold's Deep Sleep CD (see my review), I had high hopes for this one. I am sad to say I did not have success. I can only guess, but I think that the message is not a good fit for me. The message is negative, along the lines of "do not have yucky sweet things". It was not a message that resonated with me. I tried it for months with no results. I more recently have purchased the much more costly series of CDs from Roberta Temes "Enjoying Weight Loss". I find myself much more drawn to her more positive approach and I AM finding modest success. Moreover I have a much more upbeat outlook, and find myself taking positive steps without resistance. (Roberta has a heavy New York accent which was very grating to me, but I have gotten used to it, sort of...) Good luck to you whatever you try.

I think willing to try this is the key. I found it a little strange at first. But I listened to one session on CD (there are 2) right before I went to sleep for about a week. I found myself actually making conscious decisions to select a glass of water instead of a candy bar at work when I started to feel tired. I had already realized that I was eating to relieve boredom and to keep awake. If you are willing and open to trying the suggestions, it may well work for you as it does for me. No miracles, mind you, just some help thinking about my choices and choosing slim and healthy as my goal.

I was very skeptical at first but after listening to the CD the first time, I could see how it would help. His voice is extremely relaxing and without realizing it, you are in a state of very deep relaxation. He says that you will lose the temptation for "sickly sweet, fattening foods" and it's true. I have used the CD for approx. one month and was recently at a buffet dinner and had absolutely no interest in any of the desserts! This was definitely a first for me! I can't wait to buy more of Glenn Harrold's CD's.

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