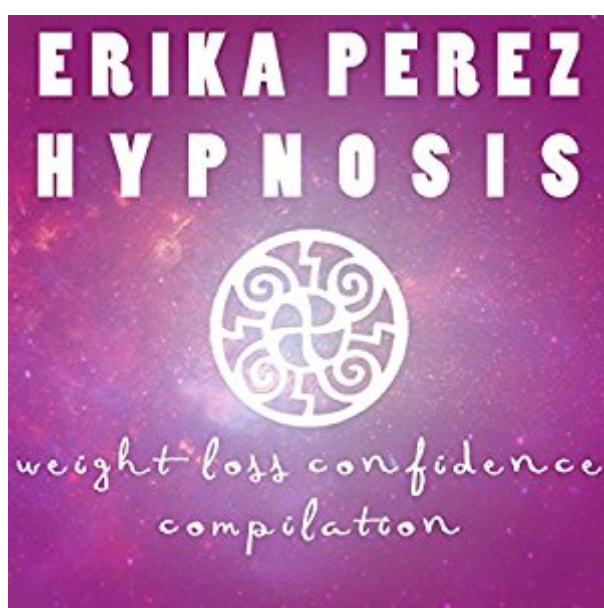


The book was found

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: Motivación para Hacer Ejercicio (Exercise Motivation) Pérdida 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 Hábitos (Change Your Bad Habits) Sueño 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

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