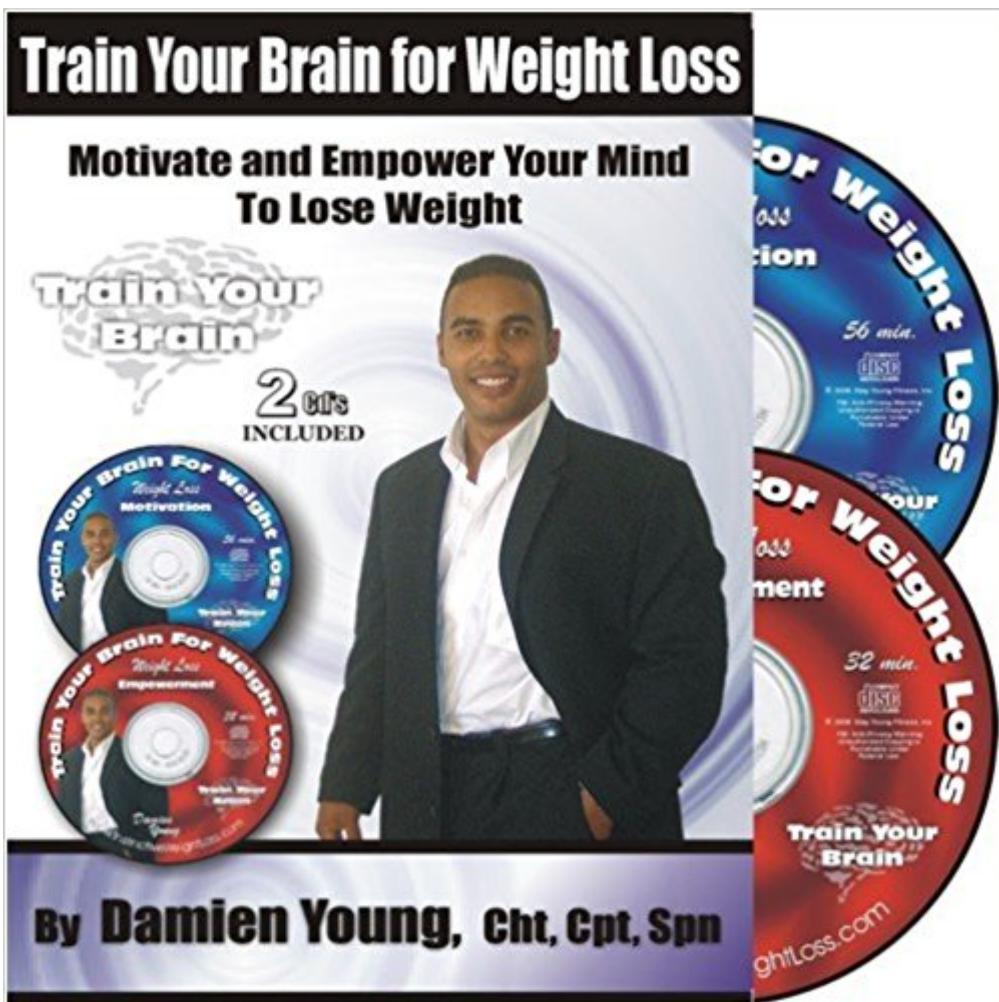


The book was found

# Train Your Brain For Weight Loss - 2 Self Hypnosis CD's For Weight Loss Empowerment And Exercise Motivation (Train Your Brain For Weight Loss, 1)





## **Synopsis**

Train Your Brain for Weight Loss utilizes the principles of self hypnosis to bring about transformational change in your thoughts, motivations, and thus, your body. Damien Young brilliantly guides you along a short relaxing journey which accesses your subconscious mind for lasting change. The first audio CD in Train Your Brain for Weight Loss is devoted to helping you become empowered for weight loss success. The 2nd CD is for attaining a very high level of motivation for eating better and exercising more often. Simply listen to the 2 CD's for just a few weeks, and you'll experience changes in your behavior without even knowing it's taking place. You'll automatically begin to eat healthier foods. You'll automatically begin to exercise more often. And finally, you'll automatically begin to lose weight and keep it off.

## **Book Information**

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## **Customer Reviews**

This really works! I was very skeptical about the whole self hypnosis thing until a friend of mine used it to quit smoking. He smoked 2 packs a day, and quit cold turkey after listening to a CD. I figured it must work if it did it for him. So I bought this product and I have to tell you, I have never been this motivated in my entire life. I'm working out more, eating much better, and best of all, I'm losing weight each week without really even trying. In addition, I'm sleeping so much better at night after listening to them. I listen 3 days each week, and I look forward to it. Hats off to the maker of this. It really works! --Jason U.

The Train Your Brain Series was created by Damien Young, Cht, Cpt, Spn. Damien is the President and CEO of Stay Young Fitness Corporation, one of the Nation's first and most successful In-Home Fitness Companies. Damien Young is a Clinical Hypnotherapist, Psychosomatic Fitness Trainer, Personal Trainer, and Sports Nutritionist who is always on the cutting edge of mind/body fitness. The Instinctive Weight Loss System came to fruition as a result of his 17 years of experience working in the fitness field. Damien is one of the Country's foremost experts on Mind-Body-Spirit fitness. His unique perspective of the mind, as it relates to the body and weight loss is changing the dynamics of the Personal Training and Nutrition Industries as a whole. The Instinctive Weight Loss System is his master project, and was developed for those who need more than just motivation and empowerment. In Damien's words: Every human being has a Subconscious Mind, and this powerful active force in our lives produce over 60,000 thoughts each day in the average person. Only approx. 10% of those thoughts we actually take notice of. The rest come and go, without much scrutinization on our parts. But it's in these 90% of unconscious thoughts that compel us to take 90% of our actions on a daily basis. It's in these 90% of our thoughts that compel us to eat when we're not hungry, to sit instead of stand, to eat food that's detrimental instead of nutritious, and to avoid exercise even when we know of its benefits. By targeting the source of these 90% of unconscious thoughts, and by changing the perceptions and the images associated with our bodies, food, and exercise in a way that makes it not only enjoyable, but rewarding, we can finally say with certainty that long term weight loss is not only possible, but inevitable.

I was skeptical of trying hypnosis, especially self-hypnosis. And I still am. I don't know if this product is actually working or not. What I do know is that I can't remember the ending to either of the sessions. Is that because I fall asleep during the session or it because I am actually hypnotized during the session? What I do know is that I've almost entirely eliminated my between meal snacks, and when I do snack, it's typically been a piece of fruit. I've also been conscious and actively changing the content of my diet otherwise. My activity level has increased slightly, but the motivation is there to do more. So, does this product work? Frankly, I don't care. Maybe my changes are the result of willpower vs. hypnosis, but I'll credit these recordings to aiding that willpower. And the relatively small price for them for me was a great value to obtain that tool. Will it work long term? I don't know that either, but I do know that no plan will work if I sabotage it. Bottom line, I need to make changes to my lifestyle, not my day or week, and I think this CD set is helping me do that. Give it a try.

Because this program included 2 cds I decided to try it even though it was more expensive than others I purchased. It turned out not to be my "cup of tea". The first cd was a lecture and guided meditation. The binaural beats, running water and breathing sounds in the background were distracting to me even though the speaker in the beginning said to focus on his voice. The second cd had a couple of very valuable insights but was also a guided meditation and lecture. I was looking for hypnotic suggestions on self-esteem, eating and exercise habits. It would also have helped if the lecture and guided meditations were on separate tracks. It would have also been valuable if there had been a sample to listen to prior to purchase.

so so

Lost 14 pounds so far, great CD. Seems to really work as part of a total plan to get fit.

I got this in a set and every disk either skipped or had trouble loading! They are very poor quality!

I like the sound of his voice... it's very smooth and soothing. It is too early to tell but I really think by listening to the CD's and following his directions, it will renew my willpower on a daily basis.

I have mixed feelings about this product. I want to like it and give it a chance, but the hypnosis sessions are BORING. You walk down the hall and into a room and see where you exercise, you walk into a room and see where you eat, you see where you live, blah blah. During most sessions, I'm restless for it to be finished because it's mind numbing. And it's TOO LONG. I am currently listening to another weight loss hypnosis set and the exercise session is a mere 15 minutes start to finish. The evening session of this set is almost an hour!

If you are looking for weight loss this is a great way to go. I have been hypnotized before so knew what to expect.

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