



Waist Management: Train Body, Heart and Mind for Permanent Weight Loss

Terry L Currier

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Waist Management presents an innovative, informative, and effective weight loss program for those who wish to lose weight while becoming healthier, more vibrant, and more energetic. This program takes a multifaceted approach, working with both the physical and emotional aspects of losing weight. With this approach you will create a nourishing food plan that will help you lose weight, reduce food cravings, and improve your health. You will develop an exercise program that is effective and appropriate. You will learn techniques such as EFT and mindfulness to defuse the stress and uncomfortable emotions that prompt overeating. And you will use hypnosis to instill positive eating and exercise behaviors, maintain your focus and motivation, and inspire you to stay on track. Waist Management includes access to downloadable hypnosis recording for weight loss. Details inside.

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