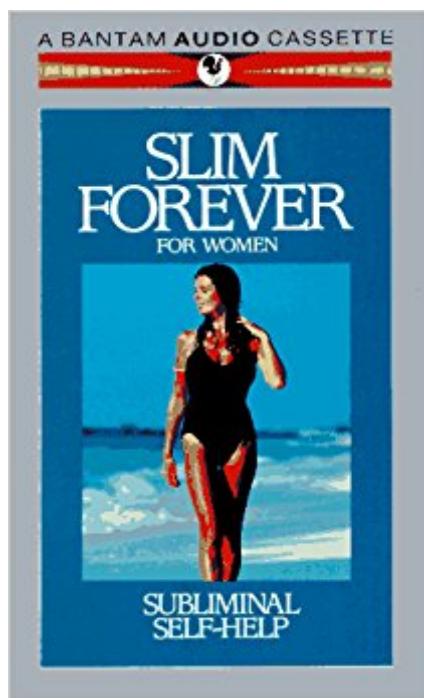


The book was found

Slim Forever For Women: Subliminal Self-Help



Synopsis

It's a scientific fact: subliminal persuasion works. Now you can lose weight anywhere, anytime—without dieting. Play SLIM FOREVER on your CD player as you dress in the morning, travel to work, or when you want to unwind. Just listen to this gentle combination of soothing relaxation techniques, soft music, and persuasive affirmations and let your subconscious do the rest. Soon you'll discover a new inner energy that will burn off pounds quicker and easier than you ever dreamed possible—and keep them off forever! The key to success is in your mind.

Book Information

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Customer Reviews

It's a scientific fact: subliminal persuasion works. Now you can lose weight anywhere, anytime--without dieting. Play SLIM FOREVER on your CD player as you dress in the morning, travel to work, or when you want to unwind. Just listen to this gentle combination of soothing relaxation techniques, soft music, and persuasive affirmations and let your subconscious do the rest. Soon you'll discover a new inner energy that will burn off pounds quicker and easier than you ever dreamed possible--and keep them off forever! The key to success is in your mind. --This text refers to the Audio CD edition.

Using this to activate positive self talk in relation to weight loss goals. It is great. Highly recommended as a positive exercise in verbalizing the type of positive things that, if you are overweight, you probably have never said to yourself or even thought. If you want to/need to lose

weight our internal dialogue can more often be more of a rebuke, a self critique, or a series of hopeless wishes. I've decided the mental aspect of losing weight is just as important as the weightloss itself. This realization comes late but better than not at all. I suggest repeating the affirmations aloud not just in your mind, as we speak we gain the power of our words. I have 2 copies of this cd. The speaker is a gentle female voice- I like it- I am using it often more like a mantra kind of thing. There are some powerful thoughts contained like "I love and respect myself whether I am thin or not" & "I forgive myself and others for things that have caused me to be overweight". have you ever said that to yourself? I hadn't. I could do without the intro and exit credits on this cd which is a cassette recording from 1986. Yet I don't feel it's dated at all. I love it. It's great if you need to teach yourself how to do positive self talk- it heals the soul so you can heal your body, and I bought a second copy- I have one at the pool outside and one when I want to listen before bed.

I used this product years ago when it was on cassette tape. I very easily lost 40 lbs in 7 months without even trying. I just started using the CD a couple of weeks ago and have lost 6 lbs...again without trying. I find myself as I did before actually drinking more water...deciding that I don't really want the soda or sweet tea. Opting for salads and healthier foods because that is what I want to eat. Eating better without having to force myself to.

I'm on my 4th copy of SLIM FOREVER.. and I'm wondering if the negative reviews are because some of the CDs seem to be missing the relaxation method?? I have 2 newly purchased copies and they both go to side B and skip the relaxation side? I first started using this when it came out On a cassette tape version, side A was on one side and side B was on the other; On the CD it goes straight to side B on disc one??? THIS WILL WORK IF IT YOU USE IT RELIGIOUSLY AND YOU MUST BE OPEN THO THE SUGGESTIONS, I Would like to hear from Random House AUDIO ACTIVATION regarding this issue. I bought several extra CDs to give to friends and I'm hoping that they're not experiencing the same thing. the other thing is THE CD PLAYERS.. YOU CAN'T FIND THEM... THEY SEEM TO WORK THE BEST OVER ANY BEYOND THE MP3 LETS GET WOMONE TO MAKE A GOIOD CD PLAYER AGAIN??/

5 consecutive weeks is recommended. I listened to this each night at bedtime. Had mental conditioning positive results within a week and got improved and stronger control over weight loss destroyers until I was finally in control and a winner. Highly recommend. also has a part with messages to listen to during your day. Highly recommend that too.

I really love this but I think it should say it is a Kelly Howell recording. She has a newer one that I like better. It is a duo set called Slim Naturally. This is a great start for positive weight loss affirmations and soothing music with subliminal weight loss affirmations that you of course can not hear on these tracks. Some of the tracks have the words outloud so you know what you are putting in your head. :) enjoy and good luck. I have lost 4 pounds in 10 days but fitness pal on my ipad deserves the main credit.

I had this tape many years ago. I was able to loose weight. The tape was lost. Years passed and I still had many thought that I learned from it. If you use this, along with a healthy eating plan, I believe it will reinforce one's desire to eat healthy and not over indulge. I think that to be successful you must have a strong desire to NOT be over weight BUT you must have a book like Fit for Life to help you know what to eat. No diets work, you must commit to life long eating correctly. When I purchased this CD, I was thrilled to hear it again. I really hate unhealthy food. I have absolutely no desire for anything deep fried and truly view the majority of fast food restaurants as serving poison. This was not always the case. I do not miss any of that and have come to believe that people are making jokes when they say they eat that stuff. For me, no longer eating badly, is like dodging a bullet. Yes, I feel brain washed against this evil food, but I am extremely happy and thinner for it. If you like being fat and eating junk - this will never work for you. You have to at least want to. The mind is powerful either way.

To lose weight, I tried coconut oil, the Master Cleanse, green tea, and other natural methods. I do believe all the methods I tried work for other people, however they did not work for me. This disc started working for me in the first week. I listen to it every night when I go to bed. I always fall asleep to it, which is fine. Sometimes I would listen to it twice daily. I believe it works. I found myself actually wanting and enjoying healthier foods, specifically vegetables and fruit. I attributed this to the disc. The price is good, the woman's voice on the disc pleasant. Give it a try!

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