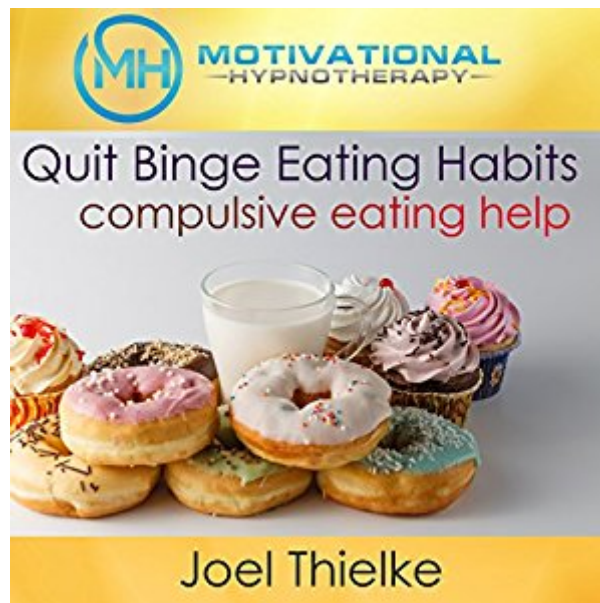




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Quit Binge Eating Habits: Compulsive Eating Help With Hypnosis And Meditation



Synopsis

Are you a binge eater? Are you ready to stop that cycle of guilt and feeling bad about yourself for binge eating? Joel Thielke is a world-renowned hypnotherapist and author who has helped millions of people worldwide. This powerful hypnosis program to help you stop binge eating will have you feeling better, losing weight, and feeling more in control in no time. It's time for you to break the cycle. This is the perfect program for listeners of any age, no matter your level of hypnosis experience. We recommend listening to this audiobook for 21 days in a row to get the most out of your listening experience. You can listen to one or all of the induction tracks; it's completely up to you! That's what's so great about self-hypnosis...it's convenient. It's about when is good for you. This powerful hypnosis audiobook includes the following tracks: Track 1: About Hypnosis Track 2: Diet and Health - Meditation and Affirmations Track 3: Quit Binge Eating Habits - White Light Induction Track 4: Quit Binge Eating Habits - Powerful Dual Induction Track 5: Quit Binge Eating Habits - Deep Sleep Induction It's hard to break that binge eating cycle. We're here to help.

Book Information

Audible Audio Edition

Listening Length: 2 hours and 22 minutes

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Version: Original recording

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