

## Gastric Band: Weight Loss Hypnosis for Extreme Weight Loss

Jeffrey Morgan PhD



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Getting to a healthy weight is a life-changing experience - one that brings with it enhanced health, more energy, and a positive mood. Yet losing weight proves to be a challenge for many, as it requires higher than normal discipline, dedication, and determination. This hypnosis is designed to help you mentally undergo a surgical procedure that inserts a gastric band into your stomach, shrinking its capacity and helping you feel fuller faster. Since it does not require actual surgery, it is 100 percent safe while effectively convincing your subconscious mind that your stomach is now smaller and needs less food.

This hypnosis session will help you:

- Lose weight faster
- Eat smaller portions
- Feel fuller quicker during meals
- Develop healthier eating habits

This audiobook includes:

- Hypnosis session for weight loss
- Hypnosis soundtrack for deep relaxation

While getting to your ideal weight is a challenge, it is not impossible. You can reach your desired weight, feel healthier, and stay in shape for life with the right mind-set.

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