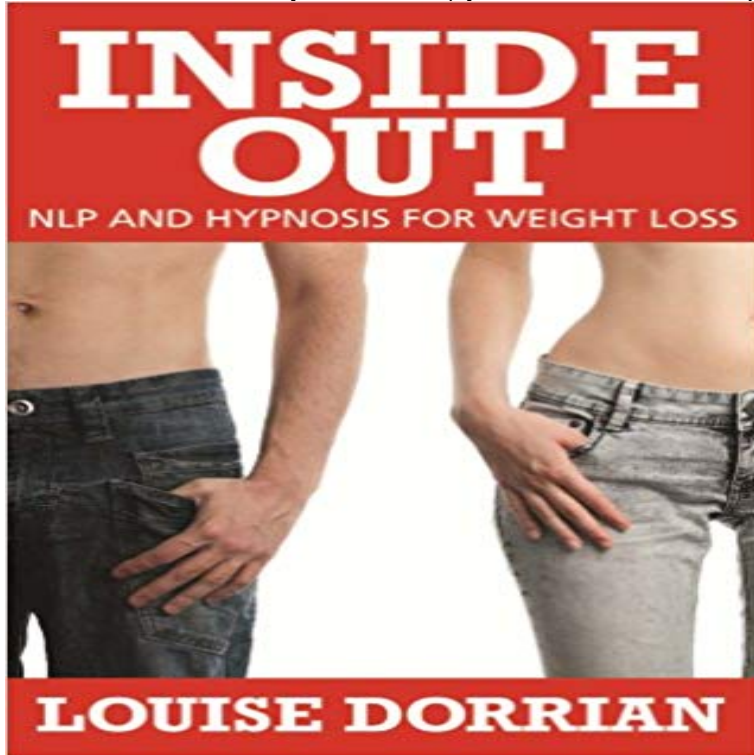


Inside Out: Nlp and Hypnosis for Weight Loss



Inside-Out Weight Loss focuses on changing relationships with food by re-programming behaviour. Understanding that control and choice around food is managed at an unconscious level Louise Dorrian gently guides you to develop an awareness of food habits and compulsions that stem from thought processes and result in overeating. Easy to understand and use techniques change the unhelpful thought processes and combine with the hypnotic recordings to transform your relationship with food and eating behaviours. Already proven to be successful and result in weight loss with Louises private clients this program is available for the first time in book format and mp3 downloads. No diets, eating plans or strict regimes, just a natural, easy and rewarding route to weight loss and wellbeing.

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