



# Weight Loss & Healthy Lifestyle Hypnosis Collection: Self-Hypnosis & Subliminal

*Erick Brown*

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## **Weight Loss & Healthy Lifestyle Hypnosis Collection: Self-Hypnosis & Subliminal** Erick Brown

You can lose weight, develop healthy eating habits, boost your metabolism, and control your impulses with this new hypnosis collection from Erick Brown, *Weight Loss & Healthy Living Hypnosis Compilation*. This collection of hypnosis albums includes five full-length programs specifically designed to address exercise motivation, healthy eating and living choices, self-esteem, and other weight loss related topics.

The collection includes the following tracks:

- Track 1: Hypnosis Instructions
- Track 2: Healthy Weight Loss & Self-Esteem - Beach Induction
- Track 3: Healthy Weight Loss & Self-Esteem - Staircase Induction
- Track 4: Healthy Weight Loss & Self-Esteem - Speed Induction
- Track 5: Weight Loss: Boost Your Metabolism - Beach Induction
- Track 6: Weight Loss: Boost Your Metabolism - Staircase Induction
- Track 7: Weight Loss: Boost Your Metabolism - Speed Induction
- Track 8: Stop Binge Eating - Beach Induction
- Track 9: Stop Binge Eating - Staircase Induction
- Track 10: Stop Binge Eating - Speed Induction
- Track 11: Impulse Control - Beach Induction
- Track 12: Impulse Control - Staircase Induction
- Track 13: Impulse Control - Speed Induction
- Track 14: Weight Loss: Get in Swimsuit Shape - Beach Induction
- Track 15: Weight Loss: Get in Swimsuit Shape - Staircase Induction
- Track 16: Weight Loss: Get in Swimsuit Shape - Speed Induction

Erick Brown is a Certified Master Hypnotherapist who is dedicated to enriching your quality of life through hypnosis and meditation. Whether it's changing bad habits, improving your health and self-esteem, or learning new business skills, Erick Brown's hypnosis recordings help you accomplish your goals, business and personal, with hypnosis.

These audio programs tackle the root of your personal blocks and obstacles, freeing you from the negativity in your ...

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#### **Kathleen Carroll:**

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