



**The Instinctive Weight Loss System - New,
Groundbreaking Weight Loss Product- 7 CD's,
Over 7 hours of Hypnosis for Weight Loss and
Mind Reconditioning Sold in Over 40 Countries
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The vast majority of people who struggle with their weight have been programmed at a very early age to struggle with their weight. They've been programmed by their parents, comments, traumatic experiences, advertisements, and the belief that one needs to diet and exercise hard in order to lose weight. The solution is to change a person's automatic actions, or their instincts. The actions they take on a daily basis that they don't even think about. Most of what we do on a daily basis is done without conscious thought. Our internal dialogue is what compels us to check the mail, to get up and go somewhere, tells us when we're hungry, and tells us to exercise or not. Once our internal dialogue puts the thought in our mind, then we sometimes make the conscious choice to do so. If you ask someone who struggles with their weight to close their eyes, and tell you the first thought that comes to mind when you ask them about losing weight, chances are they'll say it's very difficult, or hopeless, or it will require a lot of exercise and a lot of dieting. The first thought and emotion that pops into their mind will be a negative one, and this is because of the negative programming in their minds. This is what the problem is. The solution is to change the way one thinks about themselves, food, and exercise. By recreating the pictures in their mind associated with food, their bodies, and exercise and associating them with a more pleasant experience, they'll instinctually perform the actions necessary to lose weight. By explaining to them that dieting actually causes obesity from a physical and psychological standpoint, they'll become inspired. When you tell someone who is overweight that they can eat what they want, and they don't have to spend hours in the gym, and prove it to them, this alone will cause a shift in their mentality. And this shift is the first step in undoing the negative programming. People who are naturally thin have automatic actions that support them being thin. The majority of their internal dialogue or thoughts are in alignment with being thin. And their internal dialogue is produced by their subconscious mind. If the majority of one's subconscious thoughts aren't congruent with losing weight, they'll continue to struggle with their weight. All the dieting and exercise in the world can't counteract the fact that their subconscious mind has been programmed against it. If they do lose weight by dieting and exercise, they'll unconsciously sabotage their efforts, gain it back and never know why. Willpower cannot override one's subconscious mind. If people knew this, they'd finally understand why they can't lose weight, or why they lose weight and always gain it back. By clearing the negative programming in one's subconscious mind, and conditioning it to lose weight and be healthy, one will take the automatic actions necessary to lose the weight. When both aspects of the mind are in harmony for losing weight, it will be effortless. And once something is effortless, it's done in the easiest and most efficient long term fashion. They'll automatically eat less, eat healthier, become more active, and they'll do so without even thinking about it. This is the only way for long term weight loss, and this is precisely what the book, Instinctive Weight Loss will do for its users.



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