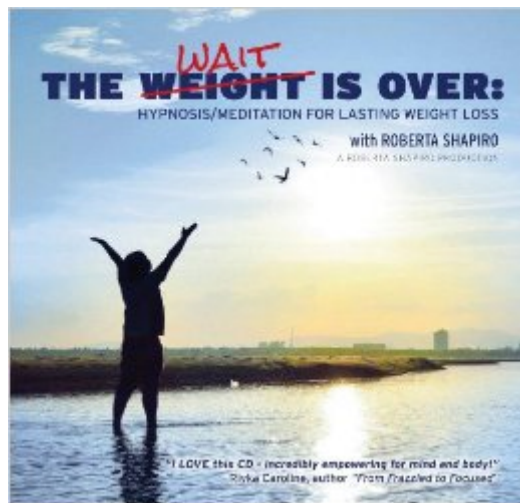


The book was found

# The Calming Collection-The Weight Is Over:Hypnosis/Meditation For Lasting Weight Loss\*\*Guided Meditation And Hypnosis CD



## Synopsis

The Weight is Over: Hypnosis/Meditation for Lasting Weight Loss has several sections, each carefully devised with newest, most helpful techniques to achieve empowerment and lasting control of one's eating and life style choices. Part One is the introduction. Part two is Hypnosis. Part 3 is Self Hypnosis Training, in which the listener is taught the steps and skills of self hypnosis. Part four contains five separate meditations: the gratitude meditation. The inner advisor. The future question. The tiny bite eating retraining. The four screen meditation. and Part Five which is Waking Affirmations. The hypnosis and meditation sections are not to be listened to while driving, because of their extremely relaxing nature. The other sections can be listened to at any time of day. And whether awake or asleep, the benefit of hypnosis and meditation is that the suggestions are powerfully absorbed into the subconscious mind. Part Five, the waking affirmations, was therefore devised to provide a boost whenever needed, whether driving or doing any other type of activity.

## Book Information

Audio CD

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (330 customer reviews)

Best Sellers Rank: #20,263 in Books (See Top 100 in Books) #6 in [Books > Books on CD > Health, Mind & Body > Meditation](#) #6 in [Books > Books on CD > Health, Mind & Body > General](#) #177 in [Books > Health, Fitness & Dieting > Alternative Medicine > Meditation](#)

## Customer Reviews

Ok, I got this DVD several months ago and am only now writing a review. Why? Because it takes time to lose weight and keep it off - it's not an overnight thing. Especially me because I had 50 pounds to lose and I've been in a weight loss battle since I was born. Well, almost. I've lost thousands of pounds in my lifetime - once losing 115 pounds and another time 60 but hadn't been able to keep it off. Losing weight isn't about eating funny food combinations or starving yourself a couple of days a week or even watching every calorie you put in your mouth. If this has been your battle then you know that this is all in our head. I'm only speaking for myself, but the truth is I was

almost never hungry when I overate or thirsty when I drank that 2nd glass of wine. Food and drink were my ways of comforting myself, celebrating, commiserating, fighting boredom, you name it. And I was sick of going up and down the scale and having 4 sizes of clothes in my closet. Enough! So, when I received this DVD as a gift (and yes, I felt a little insulted), I didn't open it for weeks. Then in my moment of "OMG I went up a size" I reached for the DVD. After listening to the longer hypnoses and meditations, I didn't stop eating, but I started thinking about food and when I ate it and why I ate it. So I decided I would NOT go on a diet or starve - I hate diets! - , I decided to give this The Wait/Weight is Over: Hypnosis/Meditation for Lasting Weight Loss some serious attention. AND IT WORKED AND STILL DOES!! I started meditating and practicing the self-hypnosis Roberta Shapiro takes you through. Remarkably, I started to think before I put anything in my mouth - which stopped me more often than not - and drinking too.

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