

The book was found

## Be Fit For Life Series



## **Synopsis**

The Laura King, Complete Weight Loss Program-Be Fit for Life Series-gets results by retraining your brain to attain and maintain the ideal weight for your body type. Long-term weight loss is not a matter of willpower, it's about changing thought patterns that trigger behavior. Through these Laura King self-hypnosis CDs, your subconscious mind puts you on autopilot to get and keep the body that is just right for you. You become focused on healthy eating, speeding up your metabolism, and developing a positive self-image.

## **Book Information**

Audio CD

Publisher: Laura King (September 25, 2007)

Language: English

ISBN-10: 0974888516

ISBN-13: 978-0974888514

Package Dimensions: 7.8 x 5.6 x 3.6 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #10,149,580 in Books (See Top 100 in Books) #87 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets #432 inÂ Books > Books on CD > Health, Mind & Body > Fitness #3724 inÂ Books > Self-Help > Hypnosis

## **Customer Reviews**

How Can 6 CDs and 1 DVD Help You Succeed Where So Many Diets Have Failed? Because the Be Fit for Life Series is not a diet at all. Instead, it's the missing link that is going to help you commit to a healthier lifestyle once and for all, and that will give you the confidence and resolve to stay the course and achieve your dreams.

Sought out by Olympians, leading edge CEO's, professional athletes, prominent physicians, award-winning trainers and parents, Laura King teaches individuals how to utilize their minds through self hypnosis to make lasting changes in both their performance and lives. In Laura King's recent book, The Power to Win, Laura King explains how the use of hypnosis and Neuro-Linguistic Programming (NLP) can easily help anyone conquer fear, build confidence and obtain unprecedented success. A popular speaker and admired life coach, Laura Boynton King has published over 150 CDs and workbooks covering topics such as stress management, peak

performance, public speaking, overcoming illness and much more. Mrs. Laura King is director and founder of Summit Dynamics, LCC and is a certified hypnotist and certified sport hypnotist. A student of human excellence and positive behavior modification for over 25 years, Laura Boynton King was trained at the Omni Hypnosis Training Center and the Don Mottin Sports Hypnosis Training Center, and received her NLP training from Dr. William Horton. Laura King also spent over two decades studying with her mentor, Dorothy Gates, Ph.D., internationally recognized authority on child and adult development.

[Download to continue reading...](#)

7 Secrets a Fit Mama Used to Lose the Baby Weight: Things you need to know that "they" don't tell you (Fit Mamas Rock Book Series 1) Fearlessly Fit at Home: Your Personal Guide to Getting Fit Super Fit Mama: Stay Fit During Pregnancy and Get Your Body Back after Baby Summer Fit, Seventh - Eighth Grade (Summer Fit Activities) Get Fit, Stay Fit Get Fit Now For High School Basketball: The Complete Guide for Ultimate Performance (Get Fit Now for High School Sports) Be Fit for Life Series Stay Fit for Life: More than 60 Exercises to Restore Your Strength and Future-Proof Your Body Exercise For Seniors - Get And Stay Fit For Life At Any Age (Seniors, Low Impact Exercise Book 1) Bulletproof Diet: Lose Fat, Get Fit & Live A Better Life Vegan for Life: Everything You Need to Know to Be Healthy and Fit on a Plant-Based Diet Body and Soul: A Girl's Guide to a Fit, Fun and Fabulous Life The Awesome Guide to Life: Get Fit, Get Laid, Get Your Sh\*t Together Fed & Fit: A 28 Day Food & Fitness Plan to Jump-Start Your Life with Over 175 Squeaky-Clean Paleo Recipes Extreme Weight Loss: Hypnosis and Affirmations Bundle to Lose Weight Fast, Get Motivated and Stay Fit for Life Fight Fat After Forty: The Revolutionary Three-Pronged Approach That Will Break Your Stress-Fat Cycle and Make You Healthy, Fit, and Trim for Life Sweet Potato Recipes: Delicious Sweet Potato Recipes To Keep You Fit And Healthy (The Simple Recipe Series) Fitness Information for Teens: Health Tips About Exercise and Active Lifestyles: Including Facts About Healthy Muscles and Bones, Starting and ... Plans, Aerobic Fit (Teen Health Series) Stephen King Series Reading Order: Series List - In Order: The Dark Tower series, Shining series, Talisman series, The Green Mile series, stand-alone novels, ... (Listastik Series Reading Order Book 30) W.E.B. Griffin Series Reading Order: Series List - In Order: Presidential Agent series, Badge of Honor series, The Corps series, Honor Bound series, Brotherhood ... (Listastik Series Reading Order Book 14)

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help