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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

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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.

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