



Extreme Weight Loss Hypnosis: Exercise Motivation & Healthy Habits, Guided Meditation, Self-Hypnosis, Binaural Beats

Erick Brown Hypnosis

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Are you tired of working out and not seeing the results you want? Are you committed to making healthy changes in your life? Get the extreme weight loss results you want with this hypnosis program from Erick Brown.

Extreme Weight Loss will channel your subconscious mind and encourage you to eat healthy and increase your exercise motivation. Subliminal suggestions for deep relaxation and positive change will be received by your subconscious, increasing your level of energy, helping you stay dedicated to working out, and improving your self-confidence. Why wait another day? Experience extreme weight loss with Erick Brown Hypnosis!

Extreme Weight Loss includes an instructional track and three hypnosis tracks for you to choose from: One containing a beach induction that will lull you into a deep state of relaxation with the soothing sounds of waves hitting the shore, allowing you to let go of any mental inhibitions and be completely open to positive change. One containing a staircase induction that will walk you down a mental stairway into a deeply relaxed state that ends with you in a peaceful, safe place where you can feel comfortable enough to completely open up to these hypnotic suggestions. And one containing a speed induction that will quickly take you into a deeply relaxed state. Use this track if you are already familiar with the relaxation process and would like to quickly move into deep relaxation.

Bonus Track: Deep Sleep Subliminal -This subliminal bonus track can be used with your hypnosis program or on its own for a deep, restful sleep. Binaural beats and solfeggio tones relax your brainwaves and body, melting away tension and stress.

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William Perez:

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Dennis Byrd:

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Louetta Cantrell:

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John Yates:

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