



Stop Emotional Eating Guided Self Hypnosis: For Weight Loss & Confident Body Image with Bonus Affirmations

Anna Thompson

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This *Stop Emotional Eating* guided self-hypnosis program was designed to assist the listener in identifying and releasing emotional triggers related to emotional eating, as well as creating new, positive behavior patterns to deal with those emotions. In addition, this program is designed to assist the listener in gaining a positive, confident sense of self in relation to the body. The hypnosis induction features isochronic tones which are a form of brainwave entrainment to help achieve deeper relaxation. Also included within this program is an extended affirmations track, a meditation track (partly guided, with ancient Solfeggio frequencies) and as an extra bonus, an exciting and powerful drum journey, bodywork track. Using an alternate induction, hypnotic drum beats and posthypnotic suggestions related to mind integration, this drum journey is designed to get the listener out of their brain and back into their body. Many find this useful for releasing energy blocks, healing and integrating the mind, body and spirit. Written & narrated by Anna Thompson, MA, MHP, LMHC, Advanced Clinical Hypnotherapist. Life is short, live it well.

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