

weight loss self hypnosis pdf

Intentional. Intentional weight loss is the loss of total body mass as a result of efforts to improve fitness and health, or to change appearance through slimming. Weight loss in individuals who are overweight or obese can reduce health risks, increase fitness, and may delay the onset of diabetes. It could reduce pain and increase movement in people with osteoarthritis of the knee.

Weight loss - Wikipedia

HMI Director, George Kappas, M.A., M.F.T., presents Hypnosis and Weight Loss at HMI College of Hypnotherapy. George teaches you how to use the right information and motivation to be happy and healthy in your life.

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Hypnosis is a state of human consciousness involving focused attention, reduced peripheral awareness, and an enhanced capacity to respond to suggestion. The term may also refer to an art, skill, or act of inducing hypnosis. Theories explaining what occurs during hypnosis fall into two groups.

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