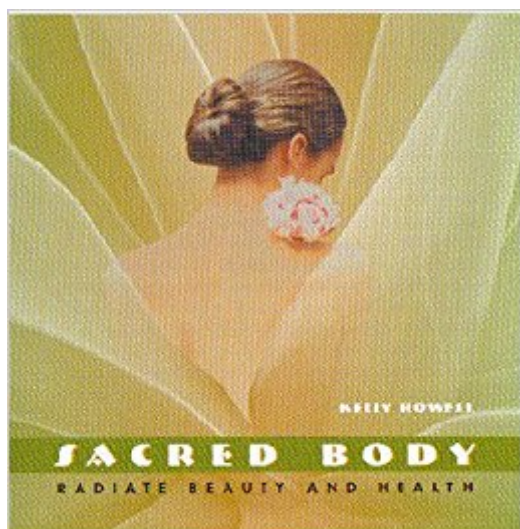


The book was found

Sacred Body: Radiate Beauty And Health



Synopsis

Sacred Body is a new kind of weight loss program that combines cutting edge brain wave technology with spoken messages that reach deep into the subconscious. Barriers of resistance break down. The mind opens to change. Seeds of transformation are nurtured, and a new mindset takes hold--a mindset of true body wisdom that guides you to attain and maintain your ideal weight and discover your more vibrant, vital self.

Book Information

Audio CD

Publisher: Brain Sync (May 1, 2003)

Language: English

ISBN-10: 1881451941

ISBN-13: 978-1881451945

Product Dimensions: 5.5 x 0.4 x 5.1 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 6 customer reviews

Best Sellers Rank: #1,155,601 in Books (See Top 100 in Books) #93 in Books > Books on CD > Health, Mind & Body > Fitness #517 in Books > Books on CD > Health, Mind & Body > General #658 in Books > Self-Help > Hypnosis

Customer Reviews

With over 60 bestselling audio programs published worldwide, Kelly Howell is internationally acclaimed for her pioneering work in healing and mind expansion. Her clinically proven Brain Wave Audio Technology is used in prestigious hospitals, biofeedback clinics and by physicians and psychologists throughout the world.

I've been listening to this tape every night for the last 4 weeks and it has truly helped me in my weight loss program. I'm not craving the foods that are bad for me any more.

I like this one...soothing & easy to fall into a deep sleep. Nice voice and music. I would recommend it.

Love this CD & truly LOVE Kelly's work

Superb in every way

I have written reviews on many Kelly Howell CD's and they are all so helpful. I enjoy listening to her smooth and relaxing voice and you certainly get a lot out of each listen. At least I do. I also would recommend anything by Paul McKenna. Look him up here on . The guy is amazing as a hypnotist, just like Kelly Howell.

I am a hypnotherapist myself. Kelly Howell does great work. Her voice is pleasant and the script is professional. The brain synchronization music on this one is particularly effective. Beautiful, in fact. The mixing is interesting. They overlap suggestions phasing it in and out of alternating ears. Takes a bit getting used to. The subconscious will register it and it makes it easier to listen to on an ongoing basis. In other words, you won't get as bored with it this way!

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Sacred Body: Radiate Beauty and Health BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Beauty in the Making: Learning to Radiate from the Inside Out (The Gems By Jewel Collection Book 1) Body Scrubs: 30 Organic Homemade Body And Face Scrubs, The Best All-Natural Recipes For Soft, Radiant And Youthful Skin (Organic Body Care Recipes, Homemade Beauty Products, Bath Teas Book 1) Homemade Organic Skin & Body Care: Easy DIY Recipes and Natural Beauty Tips for Glowing Skin (Body Butters, Essential Oils, Natural Makeup, Masks, Lotions, Body Scrubs & More - 100% Cruelty Free) Best Natural Scrubs and Herbal Remedies For Your Health and Beauty : (Body Scrubs, Medicinal Herbs, Essential Oils) (Body and Face Scrubs, Herbal Medicine) Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications Essential Oil Beauty Secrets: Make Beauty Products at Home for Skin Care, Hair Care, Lip Care, Nail Care and Body Massage for Glowing, Radiant Skin and Shiny Hairs The Beauty Detox Foods: Discover the Top 50 Beauty Foods That Will Transform Your Body and Reveal a More Beautiful You Essential Oils Beauty Secrets Reloaded: How To Make Beauty Products At Home for Skin, Hair & Body Care: A Step by Step Guide & 70 Simple Recipes for Any Skin Type and Hair Type Intermittent Fasting: Make Your Body Burn Fat For Fuel Everyday, Optimize Muscle Mass, Hormones And Health. Decrease Insulin Resistance And Body Fat (intermittent ... fasting for weight loss, lean body.) Homemade Beauty Products: For Beginners - The Complete Bundle Guide to Making Luxurious Homemade Body Butter, Homemade Soap,

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