



# **Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1)**

*Damien Young CHT CPT SPN*

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Train Your Brain for Weight Loss utilizes the principles of self hypnosis to bring about transformational change in your thoughts, motivations, and thus, your body. Damien Young brilliantly guides you along a short relaxing journey which accesses your subconscious mind for lasting change. The first audio CD in Train Your Brain for Weight Loss is devoted to helping you become empowered for weight loss success. The 2nd CD is for attaining a very high level of motivation for eating better and exercising more often. Simply listen to the 2 CD's for just a few weeks, and you'll experience changes in your behavior without even knowing it's taking place. You'll automatically begin to eat healthier foods. You'll automatically begin to exercise more often. And finally, you'll automatically begin to lose weight and keep it off.

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