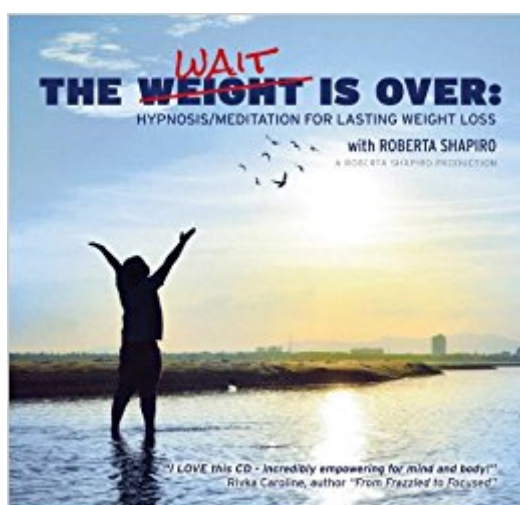


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# The Calming Collection-The Weight Is Over:Hypnosis/Meditation For Lasting Weight Loss\*\*Guided Meditation And Hypnosis CD



## Synopsis

The Weight is Over: Hypnosis/Meditation for Lasting Weight Loss has several sections, each carefully devised with newest, most helpful techniques to achieve empowerment and lasting control of one's eating and life style choices. Part One is the introduction. Part two is Hypnosis. Part 3 is Self Hypnosis Training, in which the listener is taught the steps and skills of self hypnosis. Part four contains five separate meditations: the gratitude meditation. The inner advisor. The future question. The tiny bite eating retraining. The four screen meditation. and Part Five which is Waking Affirmations. The hypnosis and meditation sections are not to be listened to while driving, because of their extremely relaxing nature. The other sections can be listened to at any time of day. And whether awake or asleep, the benefit of hypnosis and meditation is that the suggestions are powerfully absorbed into the subconscious mind. Part Five, the waking affirmations, was therefore devised to provide a boost whenever needed, whether driving or doing any other type of activity.

## Book Information

Audio CD

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#277 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

## Customer Reviews

Excellent! a superb example of the benefits of hypnosis and mindful meditation to effectively and often dramatically manage weight. Combine this with some of the most powerful cognitive behavioral techniques, and an incredibly soothing, relaxing voice, and this CD is a real winner. --Dr. Allan Jacob, President, Orion Medical Enterprises  
Best of best! A treasure trove of empowerment, full of the newest, smartest, most cutting edge psychological tools for reaching weight loss goals and achieving mental empowerment. There are so many of these books and CD's, but this one is tops. Relaxing yet empowering, soothing and focused. --Roberta Kahana, President, Dr.'s Natural

Weight Loss CentersWow! This CD is a true inspiration. While there are many CD's and books on the market on the subject, this is definitely a favorite. Rather than giving do's and don'ts or diets, it gives life enhancing empowerment, and helps the listener to truly connect with the part of themselves that is strongest and most in control of their eating and life choices. Whether listening wide awake or asleep, it seems to have an incredible ability to motivate and inspire true and lasting change. --Linda Gonzales, President, Viva Partnership

Roberta Shapiro is a renowned psychotherapist, in private practice in Miami Beach for over 20 years. She is a member of the American Society for Clinical Hypnosis, the National Board of Certified Clinical Hypnotherapists, the American Psychotherapy and Medical Hypnosis association and a Diplomate with the American Board of Psychotherapy. For the past ten years, she has been listed in Marquis, Who's Who in American Women. She is the author of several books, including Birth Pains. The Weight is Over: Hypnosis/Meditation for Lasting Weight Loss is the fourth in the highly acclaimed CALMINGCOLLECTION series. The first was Sleep Solutions, the second was Goodbye Worries, which was charted on Billboard, and amazing accomplishment for a relaxation CD, the third is Goodbye Anxiety, Goodbye Fear(of flying, driving, doctors, dentists,public speaking and everything else.) Roberta Shapiro developed this CD after extensive work in her private practice to discover which of the weight loss tools of hypnosis were most highly effective and valuable in achieving the desired weight loss and life style results.

Ok, I got this DVD several months ago and am only now writing a review. Why? Because it takes time to lose weight and keep it off - it's not an overnight thing. Especially me because I had 50 pounds to lose and I've been in a weight loss battle since I was born. Well, almost. I've lost thousands of pounds in my lifetime - once losing 115 pounds and another time 60 but hadn't been able to keep it off.Losing weight isn't about eating funny food combinations or starving yourself a couple of days a week or even watching every calorie you put in your mouth. If this has been your battle then you know that this is all in our head. I'm only speaking for myself, but the truth is I was almost never hungry when I overate or thirsty when I drank that 2nd glass of wine. Food and drink were my ways of comforting myself, celebrating, commiserating, fighting boredom, you name it. And I was sick of going up and down the scale and having 4 sizes of clothes in my closet. Enough!So, when I received this DVD as a gift (and yes, I felt a little insulted), I didn't open it for weeks. Then in my moment of "OMG I went up a size" I reached for the DVD. After listening to the longer hypnoses and meditations, I didn't stop eating, but I started thinking about food and when I ate it and why I ate

it. So I decided I would NOT go on a diet or starve - I hate diets! - , I decided to give this The Wait/Weight is Over: Hypnosis/Meditation for Lasting Weight Loss some serious attention. AND IT WORKED AND STILL DOES!! started meditating and practicing the self-hypnosis Roberta Shapiro takes you through. Remarkably, I started to think before I put anything in my mouth - which stopped me more often than not - and drinking too. I really liked the "inner advisor" and "gratitude meditation" and I even started to do the shorter meditations on my own as I got more comfortable with it. In the first 2 of months I lost 19 pounds and felt great! In control! Then...I went off the path and did eat a little more than before for a couple of months. I didn't lose anything - but I also didn't gain! My whole life was full of ups and downs and back ups, but this time I maintained my weight for a total of 3 months. Then it was time for Roberta to jump start me back into weight loss mode. Making the right food choices by thinking first - and being mindful. Her voice is really soothing and even though at first it was hard for me to give in to just being there and not thinking about all the negative in my life while meditating, I've gotten to be pretty much of a pro at this part. And now I'm losing weight again in fact - I've lost 10+ more pounds and I'm really living and eating mindfully - reminding myself that food is fuel and exercise is my "looking and feeling younger" secret. Seriously - even though it sounds a little strange writing this. Without "Roberta" beside me on this journey I might have fallen down and never gotten up but when I need some gentle reminding and strength, she coaches me back on track. If you're ready to lose weight and live healthy - and you know it doesn't happen overnight but can still be pretty darn fast if you put your mind to it, then I highly HIGHLY recommend you get The Weight/Wait is Over by Roberta Shapiro. It will change your life.

I love this woman really...soothing but it's really helping....even if I fall asleep..that's the beauty of this..feels like a best friend in weight loss...try it!

I think this is a good product but I personally didn't get as much from this as some of her other CD's.

Nice CD and appropriate message. Drifted off to sleep with a very calm voice reminding me that I will do what is best for me. Slept very well.

I have noticed a difference in my appetite, and the kinds of foods I want to eat since I started listening to this CD regularly. Her voice is nice and soothing, and it's very well done. I would recommend it to anyone who wants to lose weight.

This really works if you use it at least once a week you will be surprised how your mind just lets you know you really don't want that junk food anymore! The trick is to keep using it!

It actually works for me. I've not lost weight but I'm post menopausal and I'm an Endomorph who can't spell. Sorry folks but this cd works. I'm eating smarter.

I think I am going to like it. I have only listened to it once. I am expecting great things but it will take a while. I put it on when I go to bed and fall asleep listening to it. She said it works on the subconscious mind. I know that this is true. It has worked for other things that I have listened to while sleeping.

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