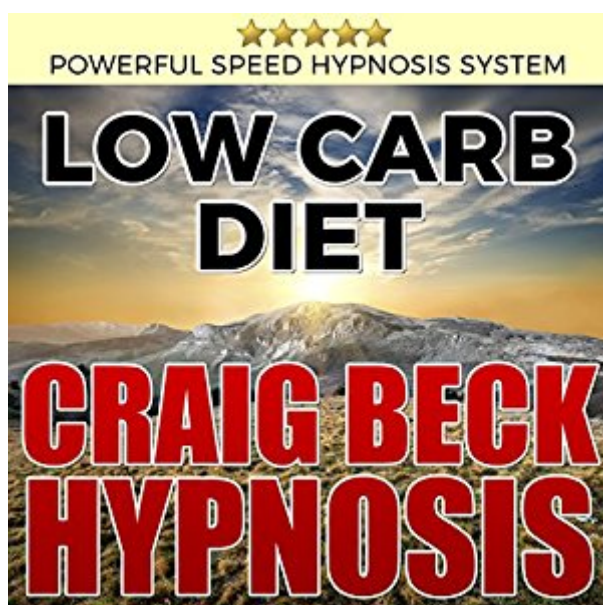


The book was found

Low Carb Diet: Craig Beck Hypnosis



Synopsis

For nearly four decades, we were told that fat is the enemy. More recently it has become scientifically proven that carbohydrates and sugar are the real cause of the obesity epidemic. So why is it so hard to stick to a low carb diet? All self-limiting beliefs, phobias, and bad habits are simply bad programs buried in the subconscious area of the mind. Willpower is entirely ineffective in dealing with these issues because you are prevented from accessing the source of the problem. Craig Beck is a master hypnotist with 20 years of experience and is also a respected timeline therapist and NLP master practitioner. He understands what makes people tick and, more importantly, how to access and remove the erroneous programs that cause us problems every day. Designed to quickly help you reduce and remove the overpowering cravings for carbs and sugar, use this powerful and proven hypnosis program to help with a low carb diet. Unique speed hypnosis technique for rapid results Easy to use on any device, including smartphones Rapidly reduce cravings for carbs and sugar Find it easy to stick to your low carb diet Replace your self-doubt with a new constructive habit

Book Information

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cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1)

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