

Winning at Weight Loss Subliminal MP3

Your Winning at Weight Loss MP3 subliminal download contains the following affirmations:

I want to be slim, trim and healthy. I am able to be slim, trim and healthy. I am slim, trim and healthy. I deserve the best. I appreciate my life. I love life. I choose the right foods. I like myself. I love my body. I want to be slender. I am able to be slender. I am slender. I naturally shed unwanted fat. Unwanted fat melts and dissolves off my body. My body is healthy. I want to be free of excess fat. I can be free of excess fat. I am free of excess fat. I accept myself as slender. I want to attain my ideal weight. I can attain my ideal weight. I attain my ideal weight. I deserve to be slender and healthy. I see myself slender. I am relaxed when I eat. I am easily satisfied. I enjoy exercise. I exercise regularly. I eat only healthy foods. My body metabolises fat. I forgive others. I forgive all. I forgive myself. I am forgiven. I release all blocks to shedding weight. I love myself. I am calm and secure. I feel good. I am fit and trim. I control my weight permanently. I sustain my ideal weight. A slender, healthy body is mine now. I am free of excess fat. I have healthy eating habits. I am thankful for my health and beauty. I have the power to shed unwanted weight. I love healthy foods. I am healthy and energetic. I eat only when I am hungry. My life is in harmony. My body releases unwanted fat. I let go of unneeded weight. My body sheds unwanted weight. I release excess fat. Excess fat leaves my body. Excess fat dissolves. Excess fat leaves forever. I let go of excess fat. I am free of excess fat. I choose small portions of food. I have a strong body. I am naturally healthy. I am radiant and beautiful. I love to look good. I deserve to look great. I have a lovely body. I feel good. I am strong and fit. I love life. I have strong immunity. I am youthful. I am positive. I am happy. I am good. I am a deserving, worthy person. I am strong. I am confident. I am a capable person. I like myself. I am proud of myself. I believe in myself. I feel great. I feel happy. I am wonderful. I am safe and secure. I trust myself. Life is good to me. I want to respect myself. I am able to respect myself. I respect myself. I love my life.

The messages in both male and female voices on this recording have been processed to deliver up to 2000 clear affirmations per hour. These strong, clear messages were recorded just slightly below the level of the sound format, using a computer processor, to ensure the strongest saturation of subliminal messages. Each message is embedded in the music so precisely that you don't consciously hear it, yet they are well within the range of hearing to strongly register on the brain. Because of our high saturation of subliminal messages you may occasionally hear some of the affirmations slightly bleeding through the music or nature sounds. This is your assurance that you are getting strong subliminal messages in this recording. This subliminal program also takes advantage of the brain's receptivity to both emotional and logical messages to activate both brain hemispheres – this assures complete absorption of the messages for the changes and improvement that you want. Play this program softly in the background any time day or night, while you are working, driving, reading, learning, eating or even sleeping. Listen to the entire recording at least once a day or more if possible. The more you listen, the greater the effect.