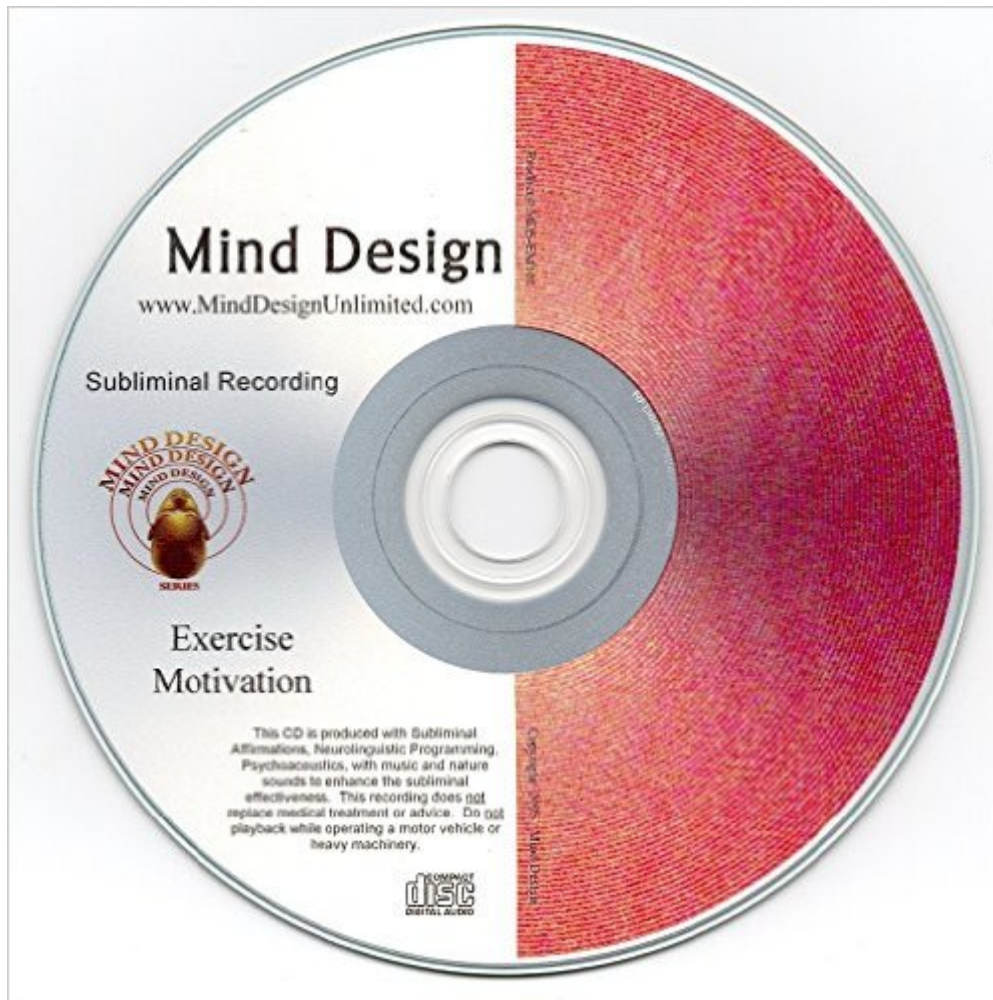


The book was found

# Exercise Motivation Subliminal CD



## Synopsis

Exercise is still THE most effective way to lose weight and to maintain a healthy figure. If you feel too tired to exercise or just don't have the motivation, let this CD work for you. After listening just a few times, you will find your motivation to exercise increase and your desire to get healthy and fit become a part of your daily life. Your need to exercise becomes a powerful drive and time for exercise suddenly becomes easier to fit into your life. If you want to get into shape and perhaps shed a few pounds in the meantime, this CD is for YOU. Listen while studying, resting, sleeping, working, surfing online or even exercising. Meanwhile, your subconscious mind will soak in the powerful subliminal suggestions that will begin transforming your body into a more healthy YOU! This subliminal CD was produced and created using the most sophisticated digital recording and processing available today. The background provides ocean waves and beautiful synthesizer music to enhance your relaxation. You hear no audible words or voices (but they are there). Play this recording over and over again while you sleep, relax or prepare for sleep. Your subconscious mind directs your body's daily functions and focus. Use that power to motivate your body through these subliminal affirmations. This enhanced CD triggers your mind through psychoacoustics and subliminal motivation. With this stimulus, you'll find your routine and energy levels begin to change. It's important to understand that EVERY change in your body BEGINS with your mind. To lose weight, to diet, to eat less junk food, etc... ALL take a conscious effort on your part. We help you by cutting out the need for willpower. We create neuromotor pathways that change your cycles of procrastination and lack of motivation. These new neuromotor pathways are the natural occurrence that begins with every new change in your life. Allow this powerful audio CD to work for you NOW!

## Book Information

Audio CD

Publisher: Eternity Music Corporation (2007)

Language: English

ASIN: B000Q020Y8

Shipping Weight: 3 ounces

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #1,555,988 in Books (See Top 100 in Books) #165 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts](#) #167 in [Books > Books on CD > Health, Mind & Body > Fitness](#) #258 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates](#)

## Customer Reviews

I have a lot of faith in these CDs. They WORK. I'm living proof when they helped me stop smoking within a few days. But the best results I have ever seen what when I purchased the Stop Buying for a friend. My friend and I've been hanging out with for over 30 years. We met at a yard sale and since then we have been to every Thrift Shop, Resale and Consignment shop within our reach. I love bargains as well as the next person but I only purchase things I need or will use. My friend however could not leave any place without making a purchase. When she ran out of room to store her "stuff" she would donate it to a worthy cause and continue buying. When I found this CD I bought it for her. Although she is opened minded and would have listened to it I chose to blackout what it was for. I gave it to her on Wednesday and called her Friday asking her to go to an Estate Sale with me and she said, "no" and added that she needed to get rid of much of the items she has. In fact she is planning to have a sale of her own. This was two weeks ago and she accompanied me to a resale shop yesterday and did NOT buy a single item. So I had to write this review as proof these CDs work. She knows what the CD is now and said she plans to continue listening to it and is interested in buying more for other reasons. Thank you for a great product.

There's no audible speech or transcript. You cannot rip it to your hard drive, so you must use the CD every time.

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Exercise Motivation Subliminal CD Stop Smoking Forever - For Women: Subliminal Self-Help: Subliminal Self Help The Slow Carb Diet: My Journey Of Fat Loss And How To Lose 10-15 Pounds Per Month (slow carb, weight loss motivation, healthy diet cookbook, paleo diet, low carb, lose weight fast, diet motivation) Running: Lose Weight, Burn Fat & Increase Metabolism: Weight Loss Motivation (Running, Walking, Burn Fat, Marathons, Marathon Training, Weight Loss Motivation) Women's Weight Loss, Diet, and Exercise Motivation with Hypnosis, Meditation, Relaxation, and Affirmations (The Sleep Learning System) Exercise Fitness & Motivation Hypnotherapy 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) Stay on Target: Build Muscle, Lose Fat, and Get the Motivation to Succeed Using a Military-Proven Nutrition and Exercise Plan Anyone Can Do The Exercise Mentor for Colon Cancer: Exercises for Daily Living (The Exercise Mentor for Cancer Survivors) Osteoporosis: How To Treat Osteoporosis- How To Prevent Osteoporosis- Along With Nutrition, Diet And Exercise For Osteoporosis (Reverse or Prevent Bone ... Supplement Treatments

& Exercise Routines) Get In Shape With Exercise Ball Training: The 30 Best Exercise Ball Workouts For Sexy Abs And A Slim Body At Home (Get In Shape Workout Routines and Exercises Book 2) Younger Next Year: The Exercise Program: Use the Power of Exercise to Reverse Aging and Stay Strong, Fit, and Sexy Pilates Six Pack Exercise Bundle: Learn How to Exercise Correctly Today - Intro to Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness - Strengthen, Tone and Heal Your Body) Exercise For Seniors - Get And Stay Fit For Life At Any Age (Seniors, Low Impact Exercise Book 1) Belly Fat Gone!: Surgical options for removal of lower belly fat & stretched skin when diets & exercise fail (When Diets and Exercise Fail Book 1) How to Build Self-Discipline to Exercise: Practical Techniques and Strategies to Develop a Lifetime Habit of Exercise Nutrition in Exercise and Sport, Third Edition (Nutrition in Exercise & Sport) Weight Loss (Subliminal Persuasion Self-Hypnosis) Neutralize Your Body Subliminal Affirmations: Alkaline Diet & Eating Green, Solfeggio Tones, Binaural Beats, Self Help Meditation Hypnosis Weight Loss: A Subliminal Persuasion Self Hypnosis

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