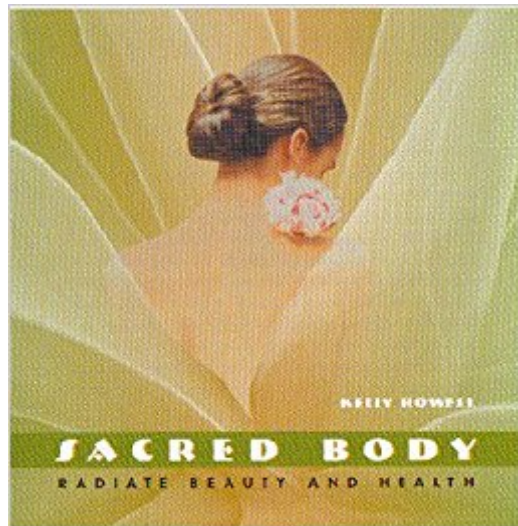




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Sacred Body: Radiate Beauty And Health



Synopsis

Sacred Body is a new kind of weight loss program that combines cutting edge brain wave technology with spoken messages that reach deep into the subconscious. Barriers of resistance break down. The mind opens to change. Seeds of transformation are nurtured, and a new mindset takes hold--a mindset of true body wisdom that guides you to attain and maintain your ideal weight and discover your more vibrant, vital self.

Book Information

Audio CD

Publisher: Brain Sync (May 1, 2003)

Language: English

ISBN-10: 1881451941

ISBN-13: 978-1881451945

Product Dimensions: 5.5 x 0.4 x 5.1 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 6 customer reviews

Best Sellers Rank: #1,155,601 in Books (See Top 100 in Books) #93 in [Books > Books on CD > Health, Mind & Body > Fitness](#) #517 in [Books > Books on CD > Health, Mind & Body > General](#) #658 in [Books > Self-Help > Hypnosis](#)

Customer Reviews

With over 60 bestselling audio programs published worldwide, Kelly Howell is internationally acclaimed for her pioneering work in healing and mind expansion. Her clinically proven Brain Wave Audio Technology is used in prestigious hospitals, biofeedback clinics and by physicians and psychologists throughout the world.

I've been listening to this tape every night for the last 4 weeks and it has truly helped me in my weight loss program. I'm not craving the foods that are bad for me any more.

I like this one...soothing & easy to fall into a deep sleep. Nice voice and music. I would recommend it.

Love this CD & truly LOVE Kelly's work

Superb in every way

I have written reviews on many Kelly Howell CD's and they are all so helpful. I enjoy listening to her smooth and relaxing voice and you certainly get a lot out of each listen. At least I do. I also would recommend anything by Paul McKenna. Look him up here on . The guy is amazing as a hypnotist, just like Kelly Howell.

I am a hypnotherapist myself. Kelly Howell does great work. Her voice is pleasant and the script is professional. The brain synchronization music on this one is particularly effective. Beautiful, in fact. The mixing is interesting. They overlap suggestions phasing it in and out of alternating ears. Takes a bit getting used to. The subconscious will register it and it makes it easier to listen to on an ongoing basis. In other words, you won't get as bored with it this way!

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