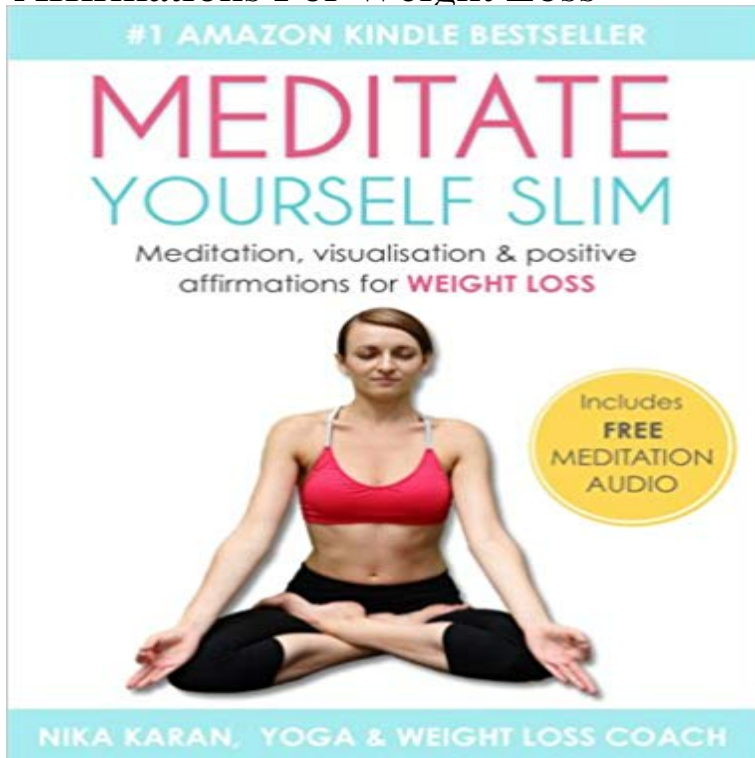


# MEDITATE YOURSELF SLIM: Meditation, Visualization & Positive Affirmations For Weight Loss



You Can Lose Weight And Keep It Off Without Dieting, Long Exhausting Workouts Or Slimming Pills! In this must-have book from the best-selling author & weight loss yoga coach, Nika Karan, you'll discover that losing weight is very often not about what you eat or drink but about what you THINK. You'll learn the series of powerful tools to help you change your thoughts patterns so you can finally stop sabotaging your weight loss efforts and get the body you've always wanted. This book comes with a FREE access to highly praised Weight Loss Meditation Audio - a powerful 16 minute visualization exercise that will help you turn the body of your dreams into reality. Inside you'll also discover: A step-by-step guide to transforming your mind into a highly efficient weight loss machine. How the simple act of expressing gratitude daily can help you lose weight permanently. Powerful Slimming Affirmations to melt away fat on autopilot. And much, much more. With Meditate Yourself Slim your slim and healthy body is truly only a thought away!

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Positive affirmations for getting over anxiety. Morning AffirmationsDaily AffirmationsWeightlossPositivityThin .. Abraham-Hicks: Say to yourself, I am a wonderful Being. Welcome to Unlock Your Life Hypnotherapy and Guided Meditations Positive Daily Affirmations: <http://2evKyqM> . Ultimate Hypnosis for Weight Loss: NEW Day 1 Think Yourself Slim Meditation and Hypnotherapy (2016) .. 100 + Healing Affirmations and Visualization of Total Health - Duration: 18 minutes. **21 Day Meditation for Weight Loss Challenge with Jon Gabriel** MEDITATE YOURSELF SLIM: Meditation, Visualization & Positive Affirmations For Weight Loss eBook: Nika Karan: : Kindle Store. **MEDITATE YOURSELF SLIM: Meditation, Visualization & Positive** MEDITATE YOURSELF SLIM: Meditation, Visualization & Positive Affirmations For Weight Loss - Kindle edition by Nika Karan. 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