



# Weight Loss - Overcome Night Eating Syndrome: Self-Hypnosis & Meditation

*Erick Brown*

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Do you get intense food cravings late in the night? Are you finding it hard to control your eating before you go to bed? Many people have cravings for food late at night, but now you can control them and develop healthy eating habits with this hypnosis program from Erick Brown.

*Overcome Night Eating Hypnosis* will help you get to the root of what's causing your night eating habit, then help you release it and embrace healthy, empowering actions. Powerful suggestions for deep relaxation and positive change will be received by your mind, removing self-doubt and limiting beliefs while helping you to release from food cravings and embrace inner peace and health.

*Overcome Night Eating Hypnosis* includes an instructional track and three hypnosis tracks for you to choose from: One containing a beach induction that will lull you into a deep state of relaxation with the soothing sounds of waves hitting the shore, allowing you to let go of any mental inhibitions and be completely open to positive change.

This audio book contains three hypnosis tracks: One containing a staircase induction that will walk you down a mental stairway into a deeply relaxed state that ends with you in a peaceful, safe place where you can feel comfortable enough to completely open up to these hypnotic suggestions. One containing a speed induction that will quickly take you into a deeply relaxed state. Use this track if you are already familiar with the relaxation process and would like to quickly move into deep relaxation.

In addition to the hypnosis tracks, we have included a bonus track. This soothing bonus track can be used with your hypnosis program or on its own for a deep, restful sleep. Binaural beats and solfeggio tones relax your brainwaves and body, melting away tension and stress.

Also included on this audio book are five subliminal chapters. These subliminal chapters are designed to be listened to anytime, day or night. Do not listen to them while operating a moving vehicle. They include: "Deep Relaxation Meditation", "Drop the Inner Critic", "Brain Banding", "Laser Focus", and "Create the Powerful You".

Don't let night eating control your life and your health. You have the power to change your life today and see the incredible results.

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