

## Lose Weight Feel Great Without Sacrifice or Willpower



After steroid treatment for a medical condition, author Geoffrey Ronning gained rapid and substantial weight. With Lose Weight and Feel Great Without Sacrifice or Willpower he dropped 54 pounds in 74 days. This is a fresh approach to weight loss with built in goal accomplishments to drive motivation to achieve the weight loss goals. This program works with sensible and reasonable guidelines on two levels: the conscious and subconscious. And just as an example: on a conscious level - this system recommends a daily action item to support the weight loss goal and keep people motivated. On a subconscious level, the participant experiences an exclusive Sensory Enhanced trance state of hypnosis to program them to protect and respect their body. The author of this program has noticed that many people have the wrong mindset for weight loss. Most want immediate results and focus on the sacrifice of giving up foods. The author reframes these issues and empowers the listener by teaching them they are not giving up or sacrificing anything - they are gaining everything. In addition, most people lack willpower, so the Sensory Enhanced hypnosis is used to program them on a subconscious level so that willpower is not needed. Willpower is typically a tool for short term change only - this program is about a permanent lifestyle change devoted to better health and a slimmer appearance. This program focuses on weight loss for even people that have tried to lose weight in the past and failed. This is not a diet. Diets focus on the external, and for many people diets don't work. This program focuses on the internal - making permanent, dramatic, changes in eating behavior and mindset. For those that want to lose weight, this program will allow you to conquer bad habits and empower yourself to overcome obstacles to permanent weight loss without sacrifice or willpower.

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