



# **Bulimia: Overcome it, Self Hypnosis, Hypnotherapy CD**

*Rachael Eccles*

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# Bulimia: Overcome it, Self Hypnosis, Hypnotherapy CD

*Rachael Eccles*

**Bulimia: Overcome it, Self Hypnosis, Hypnotherapy CD** Rachael Eccles

**Bulimia: Overcome it, self hypnosis CD by Clinical Hypnotherapist, Rachael Eccles**

This self hypnosis CD will gently guide you into a deeply relaxed state where your mind is calm and quiet and your body very relaxed, the suggestions then begin to take an effect on your subconscious mind and the more you listen and let go the more it begins to help facilitate change in habits, behaviors and ways of thinking. You can break free from bulimia, you can stop it. You can get better. This CD may bring about positive change quite quickly for some people but it is still important to continue using it for 30 days (every day) so as to gain the full benefits.

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