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Losing weight is as much about your mindset as it is about repeated action. Do you really think you can lose the weight? If you are doubting your ability, or having a hard time staying motivated, these affirmations can make sure you stay on track to losing weight faster and more effectively. This sleep series of repeated weight loss affirmations can help you: Reach your weight loss goals faster Get excited and motivated about being healthy and losing weight Feel inspired to take action instantly The audiobook includes a subliminal series of repetitive affirmations with pink noise to boost the quality of your sleep while your subconscious absorbs a new belief system. Listen to it at night on a low volume. If you want to reach your weight loss goals faster, get excited about fitness, and positively change your mindset, these affirmations can help you do just that.

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