



**Effective Life Skills -- The Part of Me That Resists,
Audio Cassette TAPE, The Inner Struggle-
Overcoming Resistance to Healthy Change (Fitness
& Healthy Lifestyle Change; Weight Management
& Weight Reduction)**

Catherine L. Bourne MSW LMFT

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If you have found yourself putting off your resolution to exercise more or eat better, procrastinating, making excuses to yourself for inactivity or poor eating habits, then this cassette tape can be an invaluable help in giving you the means to get over that hurdle, to resolve the "battle inside" between 'the part of you' that knows what you should do to be healthy and fit, versus 'the part of you' that seems to sabotage it or even do the opposite. We can all find ourselves "stuck" in frustrating, self-defeating behavior patterns that seem to defy explanation. Perhaps you seem to repeatedly take one step forward toward your goal, only to take two steps backward; and it is as if "something is holding you back" from the health and fitness level you aspire to... preventing you from accomplishing your desired goals. This exceptionally effective recording will provide you with the motivation and the means to productively solve the "inner tug of war," and to take real and lasting steps in achieving healthy lifestyle changes. Through a blending of imaginative guided imagery and visualization, calming breathing and relaxation techniques, deep healing meditation and self-hypnosis, you will be gently guided in removing the unwanted obstacles that prevent you from moving forward, and in bringing together all your inner parts and resources to benefit your health, fitness, and overall well-being... finding that you will be able to "stick to" and follow through on the personal goals that you set for yourself. NOTE: Cassettes tapes are made specially for your order to ensure the quality of the recording.

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From reader reviews:

Linda Musselwhite:

This book untitled Effective Life Skills -- The Part of Me That Resists, Audio Cassette TAPE, The Inner Struggle-Overcoming Resistance to Healthy Change (Fitness & Healthy Lifestyle Change; Weight Management & Weight Reduction) to be one of several books which best seller in this year, honestly, that is because when you read this e-book you can get a lot of benefit onto it. You will easily to buy that book in the book store or you can order it by way of online. The publisher of the book sells the e-book too. It makes you more readily to read this book, as you can read this book in your Mobile phone. So there is no reason for your requirements to past this book from your list.

Molly Marquis:

A lot of people always spent their free time to vacation or perhaps go to the outside with them household or their friend. Do you realize? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. If you wish to try to find a new activity that's look different you can read some sort of book. It is really fun for you. If you enjoy the book which you read you can spent all day long to reading a reserve. The book Effective Life Skills -- The Part of Me That Resists, Audio Cassette TAPE, The Inner Struggle-Overcoming Resistance to Healthy Change (Fitness & Healthy Lifestyle Change; Weight Management & Weight Reduction) it is extremely good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. Should you did not have enough space to develop this book you can buy the particular e-book. You can m0ore simply to read this book from the smart phone. The price is not very costly but this book possesses high quality.

Daniel Bryant:

Reading can called mind hangout, why? Because while you are reading a book particularly book entitled Effective Life Skills -- The Part of Me That Resists, Audio Cassette TAPE, The Inner Struggle-Overcoming Resistance to Healthy Change (Fitness & Healthy Lifestyle Change; Weight Management & Weight Reduction) your head will drift away trough every dimension, wandering in every single aspect that maybe not known for but surely might be your mind friends. Imaging each word written in a reserve then become one application form conclusion and explanation in which maybe you never get before. The Effective Life Skills -- The Part of Me That Resists, Audio Cassette TAPE, The Inner Struggle-Overcoming Resistance to Healthy Change (Fitness & Healthy Lifestyle Change; Weight Management & Weight Reduction) giving you one more experience more than blown away your brain but also giving you useful info for your better life in this era. So now let us present to you the relaxing pattern at this point is your body and mind will be pleased when you are finished reading it, like winning a casino game. Do you want to try this extraordinary investing spare time activity?

Francis Corder:

Effective Life Skills -- The Part of Me That Resists, Audio Cassette TAPE, The Inner Struggle-Overcoming Resistance to Healthy Change (Fitness & Healthy Lifestyle Change; Weight Management & Weight Reduction) can be one of your starter books that are good idea. All of us recommend that straight away because this guide has good vocabulary that can increase your knowledge in terminology, easy to understand, bit entertaining but still delivering the information. The article author giving his/her effort to set every word into enjoyment arrangement in writing Effective Life Skills -- The Part of Me That Resists, Audio Cassette TAPE, The Inner Struggle-Overcoming Resistance to Healthy Change (Fitness & Healthy Lifestyle Change; Weight Management & Weight Reduction) yet doesn't forget the main stage, giving the reader the hottest along with based confirm resource data that maybe you can be considered one of it. This great information can easily drawn you into brand-new stage of crucial imagining.

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