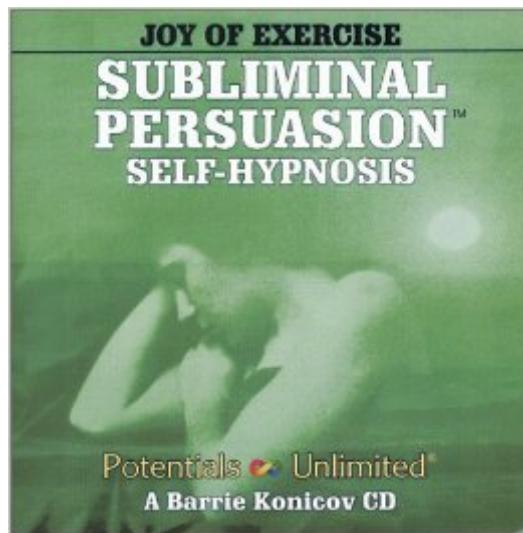


The book was found

Joy Of Exercise (Subliminal Persuasion Self-Hypnosis)



Synopsis

Even with the best of intentions, many people need a push from time to time to make exercise a routine part of their lives. This Joy of Exercise CD can give you that motivation. Play Joy of Exercise at bedtime and you will awaken with a desire to exercise.

Book Information

Audio CD

Publisher: I.M.P.A.C.T. Publishing Inc.; unabridged edition (April 1, 2003)

Language: English

ISBN-10: 0870829602

ISBN-13: 978-0870829604

Product Dimensions: 0.5 x 4.8 x 5.5 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 starsÂ See all reviewsÂ (4 customer reviews)

Best Sellers Rank: #1,080,169 in Books (See Top 100 in Books) #126 inÂ Books > Books on CD > Health, Mind & Body > Fitness #571 inÂ Books > Books on CD > Health, Mind & Body > General #656 inÂ Books > Self-Help > Hypnosis

Customer Reviews

I used this on tape version and I found myself enjoying quick opportunities to exercise wherever I went. I found myself seeking opportunities to focus on how good it felt to move my body period. I started enjoying focusing on gratitude for my ability to restore my ability to move and stretch. Suddenly I felt like I had a new best friend, my body.

Works great! I really like the voice on the CD. Very relaxing.

on target

I tried listening to this CD for a while and I never got any positive results. This products REALLY sucks!

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