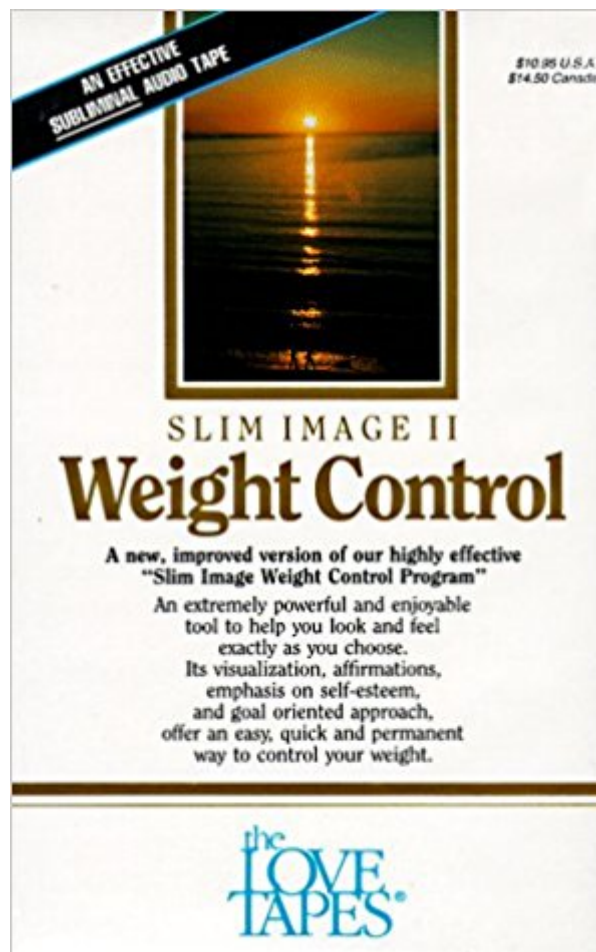




The book was found

Slim Image II/Weight Control (The Love Tapes)



Synopsis

A powerful and enjoyable tool to help you look and feel exactly as you choose, Slim Image: Weight Control features visualization, affirmations, emphasis on self-esteem, and a goal-oriented approach. Available now.

Book Information

Series: The Love Tapes

Audio Cassette

Publisher: Effective Learning Systems (June 1981)

Language: English

ISBN-10: 1558480463

ISBN-13: 978-1558480469

Product Dimensions: 1 x 4.8 x 7.5 inches

Shipping Weight: 3.5 ounces

Average Customer Review: 4.6 out of 5 stars 7 customer reviews

Best Sellers Rank: #3,915,770 in Books (See Top 100 in Books) #56 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets](#) #2243 in [Books > Self-Help > Hypnosis](#) #18059 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

Customer Reviews

Robert E. "Bob" Griswold - author, educator, composer and business leader - is the highly acclaimed creator of the bestselling line of personal development audio programs in North America. Through his classes, audio programs, books and music, he's helped hundreds of thousands of people live happier, healthier and more fulfilling lives. Bob is internationally recognized as a long-time leader in the field of human potential development. He has personally taught over fifty thousand people techniques for relaxation, memory, stress management, controlling habits, goal achievement and self-esteem through seminars conducted for corporations, government agencies, and the general public. Bob's work soon evolved into the most popular series of individual self-help audios in the industry. They are the top selling line of self-help audio programs in North American retail bookstores - including over 15 years on the Barnes & Noble Bestsellers list. --This text refers to the Audio CD edition.

I had taken a psychology class and learned about subliminal messaging in college. I was somewhat skeptical but when I found these tapes I decided to give it a try. I used these tapes 25 years ago

and was in the best shape of my life! I was so excited to find these again and I can already see a change in my behaviours. I plan on ordering many more!

I have been using the Slim Image II tapes for a while. If you use them regularly, I use them at night in bed, behavior modification messages are implanted in your self conscious. It has proven to be an aid to get me back on track with weight loss.

I used to have the cassette tape and finally upgraded to the CD. I'm so glad I did. I feel so good after listening to it, and the programming is really sinking in. I've been listening every night for 2 weeks and I can see a big difference in my outlook on life, the way I feel about myself, and most importantly my eating habits! I encourage anyone who is on the fence to give it a try!!

He uses affirmations and relaxation to help you with your self-image. It really helped me in my journey of weight loss. I still listen to the tape once a day, and along with diet and exercise, the pounds are coming off!

I looked online for the Love Tapes, Slim Image II for a friend who is ready to lose a lot of weight. It wasn't until I saw 1981 that I realized it's been over 40 years that I so easily lost nearly 100 pounds by just listening to Bob Griswold's WONDERFUL tapes every day. After over 40 years, without even thinking about it, my weight is still at my 'goal.' That in itself is AMAZING... and I get to eat chocolate, ice-cream, and all the other 'sins' as before. I've never felt deprived, guilty, or self loathing since listening to these tapes. This man does an EXCELLENT job on all the tapes/CD's he produces. I HIGHLY recommend them. If I could give a rating of 10, that still wouldn't be sufficient.

I use this at home when I am relaxing or right before sleeping. Very positive and supportive. It is suitable for use with all diets. I am finding it does help me stay on track with my diet and is extremely helpful to combat those kinda blue feelings you sometimes get when dieting.

This tape tackles weight loss as a body image issue. Side one is a relaxation session, using visualization techniques read by Robert Griswold. Side two has flute/new age music with subliminal messages only. The tape is fairly short, but effective.

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