



# Lose Weight: Achieve Your Desired Body Weight

*Joseph Agosta*

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## **Lose Weight: Achieve Your Desired Body Weight** Joseph Agosta

This guided meditation recording uses relaxation techniques to help the listener enter a state of consciousness whereby their unconscious mind is more susceptible to positive suggestions, affirmations, and metaphors. Desired changes will be made from the inside out. Satisfaction is guaranteed. Results will vary.

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