



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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