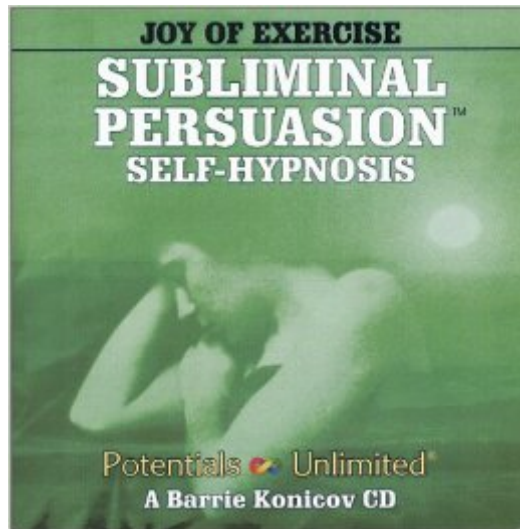


The book was found

# 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 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #1,080,169 in Books (See Top 100 in Books) #126 in [Books > Books on CD > Health, Mind & Body > Fitness](#) #571 in [Books > Books on CD > Health, Mind & Body > General](#) #656 in [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!

[Download to continue reading...](#)

Joy of Exercise (Subliminal Persuasion Self-Hypnosis) Pre-Menstrual Syndrome: Subliminal Persuasion/Self-Hypnosis Baseball - Hitting Self-Hypnosis Subliminal Persuasion Focus and

Concentration, Brain Power Boost: Hypnosis, Meditation, and Subliminal: The Sleep Learning System Featuring Rachael Meddows Unleash Your Creativity, Passion, and Focus: Hypnosis and Subliminal Affirmations Brain Boost Bundle: Memory, Focus, IQ, Hypnosis, Meditation and Subliminal - The Sleep Learning System Improving Your Memory, Brain Boost: Hypnosis, Meditation and Subliminal - The Sleep Learning System Featuring Rachael Meddows Foreign Language Study: Learn German with Hypnosis and Subliminal Learn Spanish Faster, Open Your Mind to Foreign Language Help: Hypnosis, Meditation and Subliminal: The Sleep Learning System Featuring Rachael Meddows Persuasion: The Art of Persuasion, Influence, and Power To Get Whatever You Want, Whenever You Want ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription (Ascms Resource Manual for Guidlies for Exercise Testing and Prescription) ACSM's Resources for Clinical Exercise Physiology: Musculoskeletal, Neuromuscular, Neoplastic, Immunologic and Hematologic Conditions (Acsms Resources for the Clinical Exercise Physiology) Exercise Every Day: 32 Tactics for Building the Exercise Habit Master Self-Discipline: Simple and Effective Steps to Develop Self Discipline, Get Organized, and Make Things Happen! (Willpower, Stress Management, Self ... (Self Improvement And Motivational Book 1) Mastering the Power of Self-hypnosis: A Practical Guide to Self Empowerment Hypnosis Beginners Guide: Learn How to Use Hypnosis to Relieve Stress, Anxiety, Depression and Become Happier Handbook of Clinical Hypnosis (Dissociation, Trauma, Memory, and Hypnosis) The Calming Collection-The Weight is Over:Hypnosis/Meditation for Lasting Weight Loss\*\*Guided Meditation and Hypnosis CD The 21-Day Self-Confidence Challenge: An Easy and Step-by-Step Approach to Overcome Self-Doubt & Low Self-Esteem Iyanla Live!: Self-Value, Self-Worth, Self-Love

[Dmca](#)