



# **Workout Motivation Guided Self-Hypnosis: For Enhanced Fitness and/or Weight Loss, with Bonus Affirmations**

*Anna Thompson*

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This *Workout Motivation Guided Self-Hypnosis* program was designed to assist the listener in gaining a disciplined state of mind, creating positive associations with exercise, and gaining energy and motivation to work out in order to meet fitness goals.

The hypnosis induction features isochronic tones, which are a form of brainwave entrainment, to help achieve deeper relaxation. Also included within this program is an extended affirmations track, a meditation track (partly guided, with ancient Solfeggio frequencies), and, as an extra bonus, an exciting and powerful drum journey bodywork track. Using an alternate induction, hypnotic drum beats, and posthypnotic suggestions related to mind integration, this drum journey is designed to get the listener out of their brain and back into their body. Many find this useful for releasing energy blocks, healing, and integrating the mind, body, and spirit.

Written & narrated by Anna Thompson, MA, MHP, LMHC, advanced clinical hypnotherapist. For more information about Anna Thompson, please visit <http://www.askannathompson.com>. Life is short; live it well.

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