

Special Listening Instructions For Morry Zelcovitch Advanced Subliminal Recordings

DO NOT LISTEN WITH HEADPHONES...

Play in the background over speakers and go about your daily/nightly activities

DO NOT LISTEN AT A LOUD VOLUME

- If you can barely hear it, then its loud enough. You may want to make sure that small animals (particularly dogs and cats) are not present while playing these recordings)

Affirmations used in Lose Weight Subliminal recording

I look and feel lighter today.

I love the food that makes me thin.

I enjoy being healthy.

My body is getting stronger, slimmer, and healthier every day.

Taking care of my body gives me great confidence.

I eat healthy food and have a healthy body.

I have created the body I've always wanted.

My body is to be kept beautiful, healthy, and sexy.

Water satisfies my food cravings.

Every day I notice positive changes in my mind and my body