

PNL. Vincere lo stress verso i cibi [PNL. Winning the Stress Against Food]: Tecnica guidata [Guided Skill]



Questo alimento proprio non riesco a digerirlo; Ogni volta che mangio questo alimento mi viene un gran mal di testa e ho la nausea per tutto il giorno. Quante volte ci e capitato di fare affermazioni del genere o simili? Verso alcuni alimenti sembriamo essere veramente intolleranti, anche se non sappiamo il perche. Questa tecnica di PNL che associa riprogrammazione neuro-linguistica, integrazione emisferica e kinesiologia ti offre uno strumento semplice, potente e...divertente per vincere lo stress verso i cibi. Con questa tecnica andrai ad agire a livello subconscio per rilasciare ogni tensione, appunto, subconscia, cioè inconsapevole e cristallizzata nel serbatoio di abitudini e credenze acquisite, ed essere in perfetta pace con ogni alimento. La tecnica va eseguita per ogni alimento con cui sei in stress e utilizza come strumento di verifica subconscia lautotest muscolare. This food, I just can not digest it; Every time I eat this food, I get a headache, and I feel sick all day. How many times have you made statements like that? To certain foods we seem to be really intolerant, although we do not know why. This NLP technique, which combines neurolinguistic programming, hemispheric integration, and kinesiology, offers a simple, powerful and fun way to win the fight against food. With this technique, youre going to act on a subconscious level to release any tension, subconscious or unconscious, that is crystallized in the reservoir of acquired habits and beliefs and to be at perfect peace with food. The technique must be performed for each food over which you are stressed, and it uses a muscular self-test as a verification tool. Please note: This audiobook is in Italian.

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