

Fat Burner

**Metabolism
Booster**

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize the perfect body. Visualize a furnace inside you, burning fat while you sleep. Visualize the fat melting off your body like butter in a hot frying pan. Visualize seeing yourself shrinking before your eyes, and your fat melting away revealing ripped and attractive muscles.

Tips For Success

Keep a daily journal and record any objective evidence that you are becoming more and more physically fit. Record things that happened, as well as what you wish would have happened, based on actual activities.

Then use those as your visualizations for subsequent listening sessions.

Please visit our forum to share your successes, or to ask any questions:

mindpersuasion.net

Affirmations

my body burns fat all day long

my body burns fat while I sleep

my body is a powerful fat burner

I have a fantastic metabolism

I can eat anything and stay slim

I have a slim body

I have a sexy body

I have a gorgeous body

I am fit and trim

people love looking at me

people love checking me out

my body burns fat 24/7

I am in perfect health

I have minimum body fat

my body is an incredibly efficient engine

my body is a powerful engine of energy

my body burns through anything I eat

I am incredibly sexy

I am incredibly good looking

my body is tone and ripped

my body is gorgeous and attractive

people love my body

my body inspires people to exercise

my body inspires people to become active

my body is a perfect human specimen

my body is a work of art

my body is a fat burning machine

my body is a fat burning engine of power

my body is a fat burning sex machine

your body burns fat all day long

your body burns fat while You sleep

your body is a powerful fat burner

You have a fantastic metabolism

You can eat anything and stay slim

You have a slim body

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