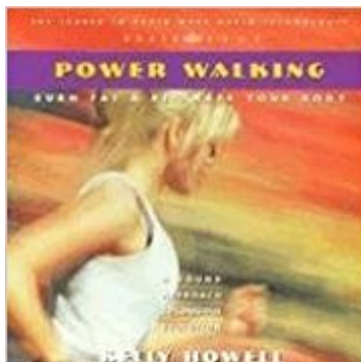


The book was found

Power Walking: Burn Fat & Re-Shape Your Body



Synopsis

Tired of boring exercise? Put on your headphones and Power Walk your way to health with Brain Sync. Within minutes, Beta Brain Wave frequencies mixed with energizing and invigorating music boost your metabolism and your mood. With regular use, your body will develop lean, strong muscles and become more metabolically efficient--so you can burn fat even while you sleep. You'll have a new inner energy that melts away unwanted pounds quicker and easier than you ever dreamed possible. And best of all, you'll not only look great, you'll feel great too!

Book Information

Audio CD: 60 pages

Publisher: Brain Sync (February 1, 2008)

Language: English

ISBN-10: 1881451755

ISBN-13: 978-1881451754

Product Dimensions: 5.7 x 0.4 x 5.1 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 10 customer reviews

Best Sellers Rank: #812,740 in Books (See Top 100 in Books) #61 in [Books > Books on CD > Sports & Outdoors](#) #69 in [Books > Books on CD > Health, Mind & Body > Fitness](#) #259 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Walking](#)

Customer Reviews

With over 60 bestselling audio programs published worldwide, Kelly Howell is internationally acclaimed for her pioneering work in healing and mind expansion. Her clinically proven Brain Wave Audio Technology is used in prestigious hospitals, biofeedback clinics, and by physicians and psychologists throughout the world.

this helped burn off 50pounds..5 yrs ago!! but I still use it !! its a great walk...kept weight off too it blends left and right sides of brain..

I decided to listen to this cd while working out on the elliptical trainer instead of watching tv.The workout was awesome. Prior to this I didn't feel I got much out of the time I spent on the trainer.The pace of the music is perfect for the trainer. The music has a nice warm up period followed by pace increases that help keep your heart rate in the proper zone.I feel I'm finally getting maximum benefit

for the 30 mins I spend on the trainer. I'd give this cd a strong buy recommendation.

Love the CD...perfect for my morning walks! Thanks.

nice

The music in this cd for walking is wonderful. I love the vitality, crispness, the fun, and the motivation.... Hope that you will love it too. It's all that JAZZ.....

I LOVE this CD! It is so fantastic for walking that I even listen to it sometimes just to keep me moving when I'm doing housework. I ALWAYS listen to it while I'm out for my fitness walks. It really keeps me moving and I always feel great and re-energized after listening to it. It's also great to listen to when I ride the stationery bike. I recommend this CD highly.

I walk on a treadmill which can be quite boring. However, since getting Power Walking, this has changed dramatically! I love the jazzy tune so much it even plays in my mind during the day while I'm at work. I believe the CD's beta beats do make me alert, highly focused and more energetic, making my walk really enjoyable. This CD is a gem! I also purchased the Walking Meditation CD by Kelly Howell and it is exactly the same music except for the rapping in between the tunes, giving it a taste of hip-hop flavor.

I found this cd very Boring! I thought from the title that it would be fast, I was very disappointed in it. I wouldn't recommend it unless you are a beginning walker. Very misleading.

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