



Walking for Health: An InnerTalk Subliminal Audio Program in Music

Eldon Taylor

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Whole Brain InnerTalk is a patented technology that has been independently researched and demonstrated to be effective. All positive messages are delivered to the subconscious mind using special shadowing techniques. These positive affirmations replace old, negative, self-limiting self-talk, and therefore enables you to find success in whichever area you choose. All programs come with a complete list of the affirmations.

How many times have you heard the virtues of walking extolled? Such a simple and easy exercise can literally add vitality, youthful appearance, strengthen the cardiovascular and much more. Get the motivation together and find the desire to walk regularly for health just a natural part of who you are. Enjoy all the benefits today. Listen to this program before you walk and while you walk and watch just how much better you feel.

Sample Affirmations

I love to walk. I love exercise. Exercise is good. It feels good to walk. I walk for fun. I enjoy walking. I enjoy the outdoors. I love the smell of fresh air. I feel invigorated when I walk regularly. Walking is good exercise," etc.

About the Author:

Eldon Taylor is an award winning, *New York Times* best selling author of over 300 books, and audio and video programs. He is the inventor of the patented InnerTalk technology and the founder and President of Progressive Awareness. His books and audio/video materials have been translated into more than a dozen languages and have sold millions worldwide. Eldon is the host of the popular radio show, Provocative Enlightenment.

Note: Our programs are for educational and spiritual purposes only. No therapeutic claims of any kind are made regarding these recordings.

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