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Creating A New You, Confident Personality Boost With Hypnosis, Meditation, Relaxation, And Affirmations: The Sleep Learning System



Synopsis

Now includes "Deep Sleep" as a bonus track! Create a new, confident, positive you with this guided meditation and relaxation program, from certified hypnotherapist Joel Thielke. It's as easy as turning on the tracks and falling asleep! The Sleep Learning System is specially designed to work with your subconscious mind during your sleep cycle. The guided meditation and soothing background music will deeply relax your body and mind for the perfect night's sleep, while allowing you to access the deepest parts of your mind. With this program, you'll learn tools to boost your confidence and let your true personality shine. Two inductions give you options for each session, or listen to the entire album. It's your choice! You'll feel well rested and energized when you wake up, and with every time you listen, you will feel more confident, connected, and happier in your body. Joel Thielke's guided-meditation system gives you positive suggestions that will help you quiet your mind and melt away stress, leaving your body deeply relaxed for a great night's sleep. While you're sleeping, the program will help remove self-doubt and negative self-beliefs, and increase your confidence so that a brighter, more vibrant you can shine through. The special inductions will gently guide you into your REM stage of sleep, working with your subconscious to make lasting change that you can see. This Sleep Learning System album comes with two extended tracks that include the Sleep Induction and Garden Induction, guided meditation programs, and bonus music and positive subliminals, providing hours of relaxation for your listening experience. Transform your personality and be more confident and positive with The Sleep Learning System!

Book Information

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