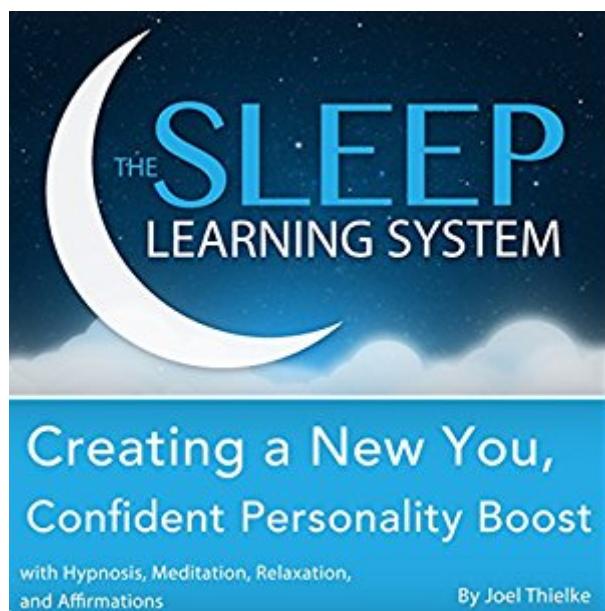


The book was found

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-mediation 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

Audible Audio Edition

Listening Length: 2 hours and 15 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Motivational Hypnosis Help, LLC

Audible.com Release Date: September 12, 2014

Language: English

ASIN: B00NIXZ5R4

Best Sellers Rank: #46 in Books > Self-Help > Hypnosis #1188 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

[Download to continue reading...](#)

Creating a New You, Confident Personality Boost with Hypnosis, Meditation, Relaxation, and

Affirmations: The Sleep Learning System Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Sleep Apnea: The Ultimate Guide How To Manage And Treat Your Sleep Apnea (Sleep Apnea Machine, Sleep Apnea Guide, Sleep Apnea Cure, Sleep Apnea Treatment, Sleep Apnea Solution, Book 3) Women's Weight Loss, Diet, and Exercise Motivation with Hypnosis, Meditation, Relaxation, and Affirmations (The Sleep Learning System) Rapid Weight Loss Affirmations: Positive Daily Affirmations to Help you Lose Weight Fast Using the Law of Attraction, Self-Hypnosis, Guided Meditation and Sleep Learning Guilt Release, Let Go of Guilt and Shame: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations My Child Won't Sleep Through the Night: 5 No-Cry Solutions to Solve Your Child's Sleep Issues (Baby Sleep Solutions, Toddler Sleep Problems, Child Sleep Solutions, No-Cry Sleep Solution) Hypnosis: Self Hypnosis, NLP & Mind Control 6 Steps To End Depression, Anxiety & Stress FREE BONUS (Hypnosis, Mind Control, NLP, Self Hypnosis, Hypnosis ... Hypnotism, Self Hypnosis For Beginners) HYPNOSIS FOR WEIGHT LOSS: SELF HYPNOSIS as you read (FREE Life Mastery Bonus Toolkit Included!) (Self Hypnosis As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio Book 3) Positive Thinking, Be Happy, and Change Your Attitude with Self-Hypnosis, Guided Meditation, and Subliminal Affirmations Collection - Four Books in One (The Sleep Learning System) Stop Smoking Today, Control Cigarette Cravings: Hypnosis, Meditation and Affirmations: The Sleep Learning System Featuring Rachael Meddows Stop Smoking, Quit Your Smoking Habit with Hypnosis, Meditation, and Affirmations: The Sleep Learning System Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Sleep Apnea: The Most Effective Sleep Apnea Cure: Discover a Sleep Apnea Treatment in 7 Days or Less! (Sleep apnea, anxiety management, insomnia, diabetes, snoring, sleep disorders, respiration) Sleep Hypnosis Bundle: Hypnosis Collection to Fall Asleep Instantly, Induce REM Sleep, Get Better Sleep and Wake up Refreshed Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Hypnosis: Master Hypnosis, Learn hypnosis now (Hypnosis, Hypnotism, Self Hypnosis, Mind control) Diet & Exercise Discipline for Weight Loss & Fitness Goals: Sleep Learning Series, Guided Self Hypnosis, Meditation, & Affirmations Diet & Exercise Discipline For Weight Loss & Fitness Goals: Sleep Learning Series, Guided Self Hypnosis, Meditation & Affirmations - Jupiter Productions Time Management, Organize, Prioritize & Stop Procrastinating: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations