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Hypnosis 8-Hour Sleep Cycle With Confidence Booster: The Sleep Learning System



Synopsis

The 8 Hour Sleep Cycle with Confidence Booster is an incredible new program that works with your sleep cycle to relax and rejuvenate your body and boost your self-esteem. Build positive beliefs while you sleep and get rid of self-doubt and negative self-beliefs that might have formed in your past. Powerful benefits of this Sleep Learning program include: Deep, restful sleep through the night
More natural energy throughout your day
Increased confidence and self-esteem
Positive thinking
Reduced stress and anxiety
Wake in the morning feeling rejuvenated and energized
Improved focus and concentration
Improved mental stimulation
Just start listening to this eight-hour program when you're ready for bed and fall asleep. In the first two hours, you'll drift off to sleep with our "Alpha Theta Deep Sleep Induction", which will relax your body and mind and prepare for rejuvenating REM sleep. Then approximately two hours into your program when your REM cycle starts, the "Confidence and Self-Esteem" boosting track will gently play, helping to get rid of self-doubt and limiting beliefs. Your subconscious will access empowering thoughts and self-beliefs that will boost your confidence. The next four hours of the program contain subconscious deepening and anchoring points that work with your brain waves to keep you deeply relaxed, and feeling confident and positive. When you wake in the morning, you'll feel refreshed and rejuvenated and ready to take on your day. We recommend listening to this program for 21 nights in a row.

Book Information

Audible Audio Edition

Listening Length: 7 hours and 52 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Hypnosis Enterprises, LLC

Audible.com Release Date: March 10, 2016

Language: English

ASIN: B01CRJ63Y8

Best Sellers Rank: #98 in Books > Self-Help > Hypnosis #111 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders #1794 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

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