

The book was found

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

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

Hypnosis 8-Hour Sleep Cycle with Confidence Booster: The Sleep Learning System Hypnosis 8 Hour Sleep Cycle with Stop Sugar Cravings, Weight Loss Booster (The Sleep Learning System)

Hypnosis 8 Hour Sleep Cycle with Weight Loss Booster: The Sleep Learning System Hypnosis 8 Hour Sleep Cycle with Chakra Opening and Cleansing Booster (The Sleep Learning System)
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) Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) QUANTUM SELF HYPNOSIS STOP SMOKING NOW: Hypnosis Script & Inductions Included! (Quantum Self Hypnosis Singles Book 2) Superhero Killer Confidence: Easy Actions to Boost Your Self-Confidence through the Roof, Overcome Your Fears and Break through Any Barrier: (Become Unstoppable and Live Life to the Fullest) Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) 10 Days to Superhuman Confidence: Cure Social Anxiety, Destroy Doubt, and Live Fearlessly (Self-Confidence, Charisma, Introvert, Self Esteem, Success) (SUPERHUMAN IMPROVEMENT) Self Esteem: Mastering Your Life!- Building High Self Esteem, Confidence and Defeating Doubt (Self Esteem, confidence,doubt) Rapid Weight Loss: Hypnosis for Losing Weight Fast and Increasing Your Motivation to Lose Weight via Beach Hypnosis and Meditation Lose Weight Fast: Hypnosis for Extreme Weight Loss and Staying Fit for Life via Beach Hypnosis and Meditation Letting Go of the Past: Hypnosis to Heal Your Life, Let Go of the Past and Move On via Relaxing Rain Hypnosis and Meditation 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 Fatigue Design Techniques: Vol. I - High-Cycle Fatigue (Volume 1) It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle Extinction End (Extinction Cycle Book 5) Extinction Aftermath (Extinction Cycle Book 6)

[Dmca](#)