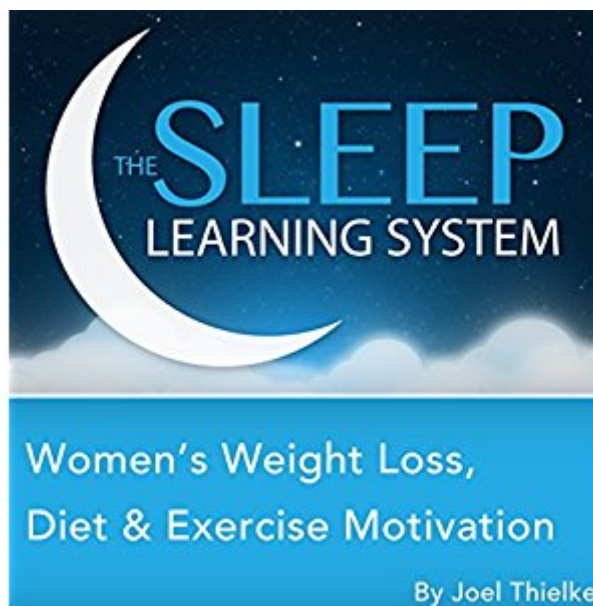


The book was found

Women's Weight Loss, Diet, And Exercise Motivation With Hypnosis, Meditation, Relaxation, And Affirmations (The Sleep Learning System)



Synopsis

****Now includes "Deep Sleep" as a Bonus Track!** Lose that stubborn weight, eat healthier, and create habits for weight loss that will last with this guided meditation program designed especially for women, 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, get the motivation and inspiration you need to lose weight and feel healthy and confident. 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 healthier and more motivated to eat healthier and make healthy life choices. 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 you remove negative thinking and bad habits that are stopping you from losing weight, and will motivate you to eat healthier, exercise more, and develop new habits that will help you lose weight and keep it off. 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. Ladies, now you can lose that weight with The Sleep Learning System!

Book Information

Audible Audio Edition

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Version: Original recording

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