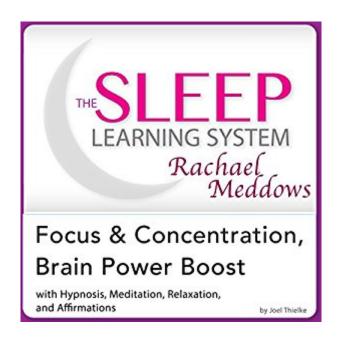
The book was found

Focus And Concentration, Brain Power Boost: Hypnosis, Meditation, And Subliminal: The Sleep Learning System Featuring Rachael Meddows





Synopsis

Improve your focus and concentration and eliminate distractions with this soothing program from the world-renowned Sleep Learning System, narrated by best-selling hypnotherapist Rachael Meddows. Just turn on the tracks, relax, and let your subconscious mind do the work for you. 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. And now Sleep Learning is better than ever, thanks to the soothing voice of Rachael Meddows. With this audiobook, you will be guided through meditation exercises that will strengthen your focus and boost your brain power while you sleep. This program comes with new two inductions that are exclusive to Sleep Learning programs with Rachael Meddows! When you wake up you'll feel well rested, focused, motivated, and mentally sharp. This guided mediation system gives you positive suggestions that will help you guiet 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 quiet the buzz of the day and help you get rid of the mental clutter that may be clouding your focus, and will help you concentrate and deal with distractions around you. 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. Let Rachael Meddows and The Sleep Learning System help you today!

Book Information

Audible Audio Edition Listening Length: 2 hours and 10 minutes Program Type: Audiobook Version: Unabridged Publisher: Motivational Hypnosis Help, LLC Audible.com Release Date: September 15, 2014 Language: English ASIN: B00NLLOKRO Best Sellers Rank: #285 in Books > Audible Audiobooks > Nonfiction > Study Aids #349 in Books > Self-Help > Hypnosis #3701 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

Download to continue reading ...

Focus and Concentration, Brain Power Boost: Hypnosis, Meditation, and Subliminal: The Sleep

Learning System Featuring Rachael Meddows Improving Your Memory, Brain Boost: Hypnosis, Meditation and Subliminal - The Sleep Learning System Featuring Rachael Meddows Learn Spanish Faster, Open Your Mind to Foreign Language Help: Hypnosis, Meditation and Subliminal: The Sleep Learning System Featuring Rachael Meddows Brain Boost Bundle: Memory, Focus, IQ, Hypnosis, Meditation and Subliminal - The Sleep Learning System Focus to Learn German Faster: Foreign Language Study and Self Help with Hypnosis, Meditation, Relaxation, and Affirmations (The Sleep Learning System) Deep Sleep: Brain Wave Subliminal (Brain Sync Series) (Brain Sync Audios) Natural Rapid Weight Loss, Lose Weight Faster with Hypnosis, Meditation, and Affirmations: The Sleep Learning System Learn French: Fast Foreign Language Study with Hypnosis, Meditation, and Affirmations (The Sleep Learning System) The Calming Collection-The Weight is Over:Hypnosis/Meditation for Lasting Weight Loss**Guided Meditation and Hypnosis CD Unleash Your Creativity, Passion, and Focus: Hypnosis and Subliminal Affirmations Fantastic Sex, Increase Sexual Intimacy, & Pleasure: Sleep Learning, Guided Self Hypnosis, Meditation, & Affirmations Focus: Best Ways to Improve Your Concentration and Improve Your Learning Healthy Sleep: Fall Asleep Easily, Sleep More Deeply, Sleep Through the Night, Wake up Refreshed Learn Spanish: Sleep Learning System: Foreign Language Self Help Guided Meditation and Affirmations Foreign Language Study: Learn German with Hypnosis and Subliminal Pre-Menstrual Syndrome: Subliminal Persuasion/Self-Hypnosis Joy of Exercise (Subliminal Persuasion Self-Hypnosis) Baseball - Hitting Self-Hypnosis Subliminal Persuasion Concentration and Power in the Food System: Who Controls What We Eat? (Contemporary Food Studies: Economy, Culture and Politics) Total Focus: A Comprehensive Program to Improve Attention, Concentration and Self-Control in Children

<u>Dmca</u>