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Stop Smoking, Quit Your Smoking Habit With Hypnosis, Meditation, And Affirmations: The Sleep Learning System



Synopsis

****Now includes "Deep Sleep" as a Bonus Track!** Stop smoking and kick your smoking habit for good 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 to stop cravings and habits with ease. 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 confident, healthy, and more and more free of cravings. 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 the triggers that cause your nicotine cravings and teach you how to deal with your triggers in a healthy way. You can break the cycle today! 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. Stop smoking today with The Sleep Learning System!

Book Information

Audible Audio Edition

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#51 in Books > Self-Help > Hypnosis #1274 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

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