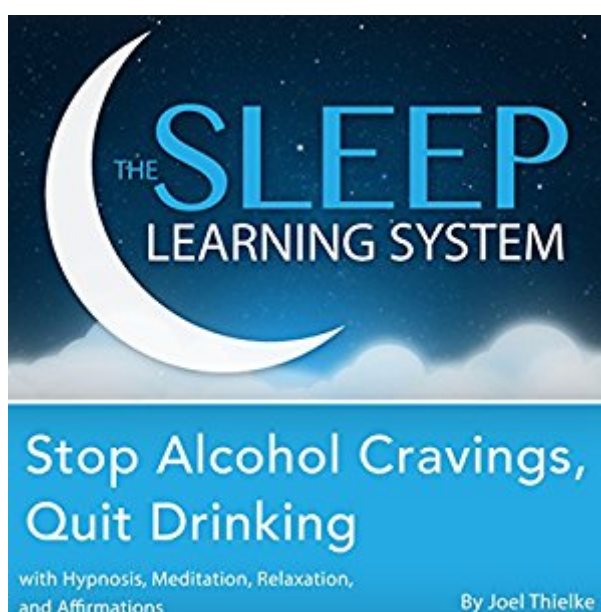


The book was found

Stop Alcohol Cravings, Quit Drinking With Hypnosis, Meditation, Relaxation, And Affirmations: The Sleep Learning System



Synopsis

Now includes "Deep Sleep" as a bonus track! Address your cravings for alcohol and stop drinking 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. With this program, you'll learn to deal with anxiety and frustration triggers in a healthy way, so that you can stop your cravings for alcohol in their tracks. 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 more relaxed, centered, and in control. 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 remove negative thinking and help you deal with the triggers that cause you want to drink, and create a healthier and more positive way of thinking. 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 drinking alcohol and take charge of your life with The Sleep Learning System!

Book Information

Audible Audio Edition

Listening Length: 2 hours 15 minutes

Program Type: Audiobook

Version: Unabridged

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Language: English

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Customer Reviews

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