



Love Yourself: A Woman's Journey to Self-Love (Self-Hypnosis & Meditation): Embrace Self- Respect & Self-Esteem

Amy Applebaum Hypnosis

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Do you want to love yourself and feel confident with who you are as a woman? Are you looking for a way to stop self-sabotaging behavior and nurture yourself instead? Time to embrace respecting and loving yourself with "*A Woman's Journey to Self Love* by Amy Applebaum.

Amy is a world-renowned life and business coach, NLP trainer, Hypnotherapist and Time-line Therapist, whose success has led to high-profile appearances on such television outlets as ABC News, CNN, TLC, Dr. Drew's Lifechangers and Martha Stewart, to name a few. She also serves as an ongoing expert to publications including the *NY Times*, *The International Herald Tribune*, *Cosmopolitan*, *Shape*, *Figure Magazine*, and *Woman's World*.

And now Amy has taken her knowledge of personal and business success, and created this hypnosis & meditation program to help you release negative beliefs and behaviors and instead, adopt empowering ones that will help you reach your life and business goals.

You deserve to feel great about yourself and feel loved, and hypnosis and meditation can help. Positive suggestions and binaural beats will be received by your mind, removing stress and self-destructive thoughts, and replacing them with positive, empowered thoughts.

A Woman's Journey to Self Love helps women learn to love themselves so that they can be successful, happy, and love their life, while increasing energy and motivation. Don't wait another day. Your journey to success starts with loving and believing in yourself.

This album contains hypnosis instructions, two different inductions with optional "sleep" or "wake" endings, relaxation & meditation music, and affirmations and actions for change:

- Track 1 - Hypnosis Instructions
- Track 2 - Relaxation Induction - Wake Ending
- Track 3 - Relaxation Induction - Sleep Ending
- Track 4 - Seashore Induction - Wake Ending
- Track 5 - Seashore Induction - Sleep Ending
- Track 6 - Meditation Music
- Track 7 - Deep Sleep Music
- Track 8 - Relaxation Music
- Track 9 - Daily Affirmations for Change
- Track 10 - Actions for Change

For more information on Amy Applebaum and her products, please visit <http://www.amyapplebaumalbums.com>.

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