



# **Like & Love Yourself: With More Self Respect, Inner Peace & Happiness: Guided Self Hypnosis, Meditation & Affirmations**

*Jupiter Productions*

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This *Like and Love Yourself* sleep learning program was designed to assist the listener in releasing self-criticism and self-judgment as well as to enhance self-esteem and confidence from an unconditional yet practical sense of positive regard for the self.

Some say we are the sum total of what we surround ourselves with. For example, what we choose to watch on television or listen to on the radio, who we choose to surround ourselves with, and even the thoughts we think all have effects on our overall perceptions and thought patterns. Just like the foods that we eat, over time, create our bodies, our thoughts shape who we are and ultimately what types of situations we manifest in our lives.

Sleep learning can benefit a listener in powerful ways. The mind stays active even while we are sleeping. For example a mother may sleep soundly through thunderstorms and barking dogs, yet the sounds of her baby stirring in the next room will often awaken her instantly. Why not use this time (while you are asleep) to realize your potential?

In addition to therapeutic hypnotic techniques and meditative affirmations, this program is further enhanced by the use of brainwave entrainment such as solfeggio tones, isochronic tones, bilateral stimulation, and white noise. Listening at a very low volume is ideal and won't diminish your results.

Narrated by Anna Thompson, MA, MHP, LMHC, advanced clinical hypnotherapist.

Accomplish your goals and create the life you've always wanted starting today.

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