



Unlock Creative Energy and Artistic Vision with Hypnosis, Meditation and Subliminal Relaxation Techniques

Rachael Meddows

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Have you always wanted to embrace your creative side? Did you know there's untapped creativity in all of us? It's time to open up your creative energy and unlock your inner artist today. Be fearless in your ideas and creative inspirations! Let Rachael Meddows show you how with this inspiring, best-selling hypnosis and guided meditation program.

This self-hypnosis program is perfect for both beginners and those who are experienced with hypnosis. This program will help you get rid of mental blocks and self-doubt that have kept your creativity at bay and help you get the confidence to pursue your creative ideas. Your mind will receive deep hypnotic suggestions for positive change, deeply relaxing your mind and body and helping you harness the powerful creative ideas and energy already inside of you.

Today is the day you can pursue your creative ideas with confidence, with Rachael Meddows' soothing voice.

This audiobook includes an instruction track, three different inductions from world-renowned hypnotherapist Rachael Meddows, and affirmation and music tracks to help you unlock your creativity and artistic vision.

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