



Stop Fear Now, Get Over Your Fears: Hypnosis, Meditation and Subliminal: The Sleep Learning System

Joel Thielke

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Put a stop to fear and overcome phobias and anxiety with this soothing program from the world-renowned Sleep Learning System, narrated by best-selling hypnotherapist Rachael Meddows.

Just turn on the tracks, relax, and let your subconscious mind do the work for you.

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.

And now Sleep Learning is better than ever, thanks to the soothing voice of Rachael Meddows. With this audiobook you'll gently overcome fear and anxiety and embrace confidence and positivity.

This program comes with two new inductions that are exclusive to Sleep Learning programs with Rachael Meddows!

When you wake up, you'll feel well rested, happy, and confident.

This 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 remove fear and anxiety and create peaceful, confident energy.

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.

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Lisa Haight:

Have you spare time for just a day? What do you do when you have far more or little spare time? Sure, you can choose the suitable activity for spend your time. Any person spent their spare time to take a stroll, shopping, or went to typically the Mall. How about open as well as read a book allowed Stop Fear Now, Get Over Your Fears: Hypnosis, Meditation and Subliminal: The Sleep Learning System? Maybe it is to get best activity for you. You know beside you can spend your time with the favorite's book, you can more intelligent than before. Do you agree with the opinion or you have various other opinion?

Betty Bowers:

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