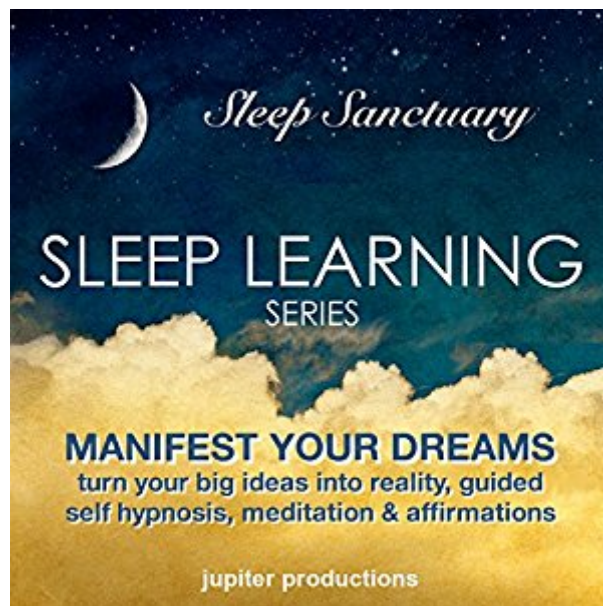


The book was found

# Manifest Your Dreams, Turn Your Big Ideas Into Reality: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations



## Synopsis

This Manifest Your Dreams sleep learning program was designed to assist the listener in gaining a clear sense of focus, gaining confidence and a positive sense of capability, and getting motivated to get going on following their dreams! Some say that we are the sum total of what we surround ourselves with. For example: What we choose to watch on television What we listen to on the radio Who we choose to surround ourselves with Even the thoughts we think All of the above affect our overall perceptions and thought patterns. Just like the foods that we eat create our bodies over time, 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 sound of her baby stirring in the next room will often instantly awaken her. 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 while drifting off to sleep 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.

## Book Information

Audible Audio Edition

Listening Length: 3 hours and 29 minutes

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sleep, sleep apnea, feel better) Rapid Weight Loss Affirmations: Positive Daily Affirmations to Help you Lose Weight Fast Using the Law of Attraction, Self-Hypnosis, Guided Meditation and Sleep Learning Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Hypnosis: Self Hypnosis, NLP & Mind Control 6 Steps To End Depression, Anxiety & Stress FREE BONUS (Hypnosis, Mind Control, NLP, Self Hypnosis, Hypnosis ... Hypnotism, Self Hypnosis For Beginners) Sleep Apnea: The Ultimate Guide How To Manage And Treat Your Sleep Apnea (Sleep Apnea Machine, Sleep Apnea Guide, Sleep Apnea Cure, Sleep Apnea Treatment, Sleep Apnea Solution, Book 3) HYPNOSIS FOR WEIGHT LOSS: SELF HYPNOSIS as you read (FREE Life Mastery Bonus Toolkit Included!) (Self Hypnosis As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio Book 3) Positive Thinking, Be Happy, and Change Your Attitude with Self-Hypnosis, Guided Meditation, and Subliminal Affirmations Collection - Four Books in One (The Sleep Learning System) Diet & Exercise Discipline for Weight Loss & Fitness Goals: Sleep Learning Series, Guided Self Hypnosis, Meditation, & Affirmations Diet & Exercise Discipline For Weight Loss & Fitness Goals: Sleep Learning Series, Guided Self Hypnosis, Meditation & Affirmations - Jupiter Productions Time Management, Organize, Prioritize & Stop Procrastinating: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations My Child Won't Sleep Through the Night: 5 No-Cry Solutions to Solve Your Child's Sleep Issues (Baby Sleep Solutions, Toddler Sleep Problems, Child Sleep Solutions, No-Cry Sleep Solution) Hypnosis: Master Hypnosis, Learn hypnosis now (Hypnosis, Hypnotism, Self Hypnosis, Mind control) Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief Sleep Apnea: The Most Effective Sleep Apnea Cure: Discover a Sleep Apnea Treatment in 7 Days or Less! (Sleep apnea, anxiety management, insomnia, diabetes, snoring, sleep disorders, respironics) Clairvoyance, Intuition & Psychic Power Guided Meditation and Affirmations: Sleep Learning System Photographic Memory, Focus & Clarity, Guided Meditation and Affirmations (The Sleep Learning System) Sleep Hypnosis Bundle: Hypnosis Collection to Fall Asleep Instantly, Induce REM Sleep, Get Better Sleep and Wake up Refreshed Stop Smoking, Quit Your Smoking Habit with Hypnosis, Meditation, and Affirmations: The Sleep Learning System

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