



Effective Communication - Improve Your Confidence & Relationships: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations

Jupiter Productions

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This effective communication sleep learning resource was designed to assist the listener in gaining enhanced communication and negotiation skills, improving the quality of their relations with others, maintaining a level of self-respect and respect for others, gaining social confidence and understanding, and expanding the listener's ability to strategically create win-win solutions.

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.

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Elizabeth Blake:

This Effective Communication - Improve Your Confidence & Relationships: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations book is simply not ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book is information inside this book incredible fresh, you will get data which is getting deeper you actually read a lot of information you will get. This kind of Effective Communication - Improve Your Confidence & Relationships: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations without we know teach the one who reading through it become critical in considering and analyzing. Don't always be worry Effective Communication - Improve Your Confidence & Relationships: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations can bring any time you are and not make your tote space or bookshelves' turn into full because you can have it with your lovely laptop even telephone. This Effective Communication - Improve Your Confidence & Relationships: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations having very good arrangement in word in addition to layout, so you will not sense uninterested in reading.

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