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# Learn Russian Faster: Master A Foreign Language (Self-Hypnosis And Meditation)



## Synopsis

Are you looking for a fast and easy way to learn the Russian language? Would you like to be fluent in Russian but can't seem to retain all of the vocabulary? You can learn Russian quickly and open yourself up to learning a foreign language with this hypnosis program from Erick Brown. Learn Russian Faster hypnosis will help you to relax and open pathways to the language center of your brain. Powerful suggestions for deep relaxation and positive change will be received by your subconscious, increasing your relaxation, promoting positive affirmations for learning, and opening your mind to receive new information. Learn Russian Faster includes an instructional track and three hypnosis tracks for you to choose from: One containing a beach induction that will lull you into a deep state of relaxation with the soothing sounds of waves hitting the shore, allowing you to let go of any mental inhibitions and be completely open to positive change. One containing a staircase induction that will walk you down a mental stairway into a deeply relaxed state that ends with you in a peaceful, safe place where you can feel comfortable enough to completely open up to these hypnotic suggestions. One containing a speed induction that will quickly take you into a deeply relaxed state. Use this track if you are already familiar with the relaxation process and would like to quickly move into deep relaxation. In addition to the hypnosis tracks, we have included a bonus track. This soothing bonus track can be used with your hypnosis program or on its own for a deep, restful sleep. Binaural beats and solfeggio tones relax your brainwaves and body, melting away tension and stress. Also included on this audio book are five subliminal chapters. These subliminal chapters are designed to be listened to at anytime, day or night. Do not listen to them while operating a moving vehicle. They include: "Laser Focus" "Brain Banding" "Concentrate" "Free Mind Space" "Deep Relaxation Meditation" Why wait another day? Start learning Russian faster, and become fluent in a foreign language today!

## Book Information

Audible Audio Edition

Listening Length: 4 hours 39 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Hypnosis & Subliminal LLC

Audible.com Release Date: September 28, 2012

Language: English

ASIN: B009IRMIAG

Best Sellers Rank: #111 in [Books > Audible Audiobooks > Language Instruction > Other Languages](#) #1568 in [Books > Reference > Foreign Language Study & Reference > Instruction](#)

## Customer Reviews

So, I'm American and living in Moscow, Russia. I have been here for five months and came not speaking a word of Russian. Russia is a very anglo-unfriendly place, i.e. not many people speak English and almost no one other than at high end shops and galleries speaks English when doing the most basic of shopping. I took Russian courses in the past, but it never stuck. I've been paying 2,000 rubles per week for a Russian tutor but five minutes after I learn words with her, they're gone. Forgotten. Russian has many, many cognates with English, but the words that aren't cognates are so different from western languages retention can be very difficult--and most the basic words fall into this category. I'm a firm believer in hypnotherapy to effect change in thoughts and behaviors, so I looked for a hypnotherapist here in Moscow that speaks English that could assist with reprogramming my brain to retain Russian. I found no one. So, I decided to search for an MP3 or CD in order to self-hypnotize. I found this product on the Apple iTunes store. I've used it three times so far. It recommends doing it 21 times, so I still have a ways to go. Not only am I retaining words at an unbelievable pace, I am having less difficulty interpreting Russian when it's spoken to me. I am also remembering words that I learned months ago, prior to hypnotherapy, that I forgot. I highly recommend this product--in combination with a good Russian book and a native speaking tutor. I don't see why you can't reach near fluency within about a year if you routinely do the hypnosis and spend a decent amount of time studying, listening, etc. I recommend this product for individuals living in Russia and wanting to learn Russian, and students who are studying Russian in school. Combined with a secondary hypnotherapy MP3 to increase motivation to study, you'll do quite well with this product. (I also suffer from ADHD so I'm always concerned that I won't be able to be hypnotized. It's not a problem with this product, and each time I use it I go into a deeper and deeper trance, netting greater and greater results.)

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