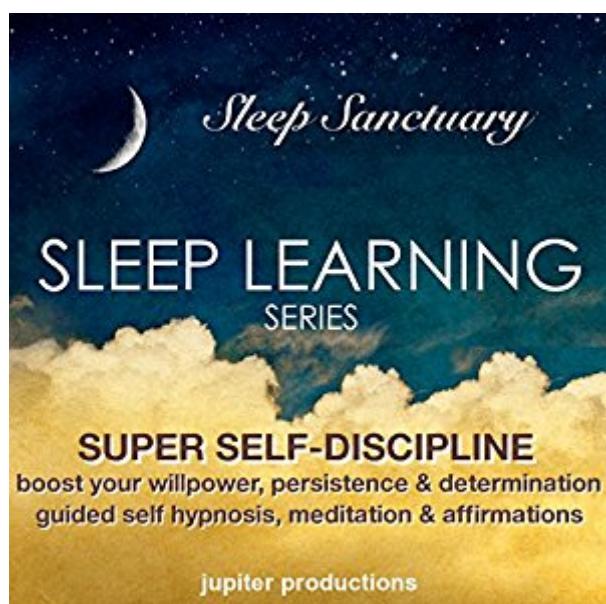


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# Super Self-Discipline, Boost Your Willpower, Persistence & Determination: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations: Sleep Learning Series



## Synopsis

This "Super Self-Discipline" sleep learning program was designed to assist the listener in enhancing self-thoughts related to mental clarity, focus, self-discipline, an empowered attitude, willpower, and follow through. Some say that we are the sum total of what we surround ourselves with. For example, what we choose to watch on television, listen to on the radio, who we choose to surround ourselves with, and even the thoughts we think all have an effect on our overall perceptions and thought patterns. Just like the foods that we eat, over time, create our bodies, 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 sounds of her baby stirring in the next room will often awaken her instantly. 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 is ideal and won't diminish your results. Narrated by Anna Thompson, MA, MHP, LMHC, Advanced Clinical Hypnotherapist.

## Book Information

Audible Audio Edition

Listening Length: 3 hours and 29 minutes

Program Type: Audiobook

Version: Unabridged

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Learning, Guided Meditation, Affirmations, Relaxing Deep Sleep Bedtime Affirmations: Positive Daily Affirmations to Aid You Take a Peaceful Sleep Free of Worries Using the Law of Attraction, Self-Hypnosis, Guided Meditation and Sleep Learning Diet & Exercise Discipline for Weight Loss & Fitness Goals: Sleep Learning Series, Guided Self Hypnosis, Meditation, & Affirmations Self-Discipline: Self-Discipline of a Spartan Trough: Confidence, Self-Control and Motivation (Motivation, Spartan, Develop Discipline, Willpower) Master Self-Discipline and Willpower with Hypnosis and Meditation: The Sleep Learning System Mindfulness Meditation for Beginners: Learn to Meditate and Become More Mindful with Guided Meditation, Self Hypnosis, Affirmations, Guided Imagery and Relaxation Techniques NAVY SEAL DISCIPLINE; The Ultimate Guide to Self-Discipline & Control like a US NAVY SEAL: Gain Incredible Self Confidence, Motivation & Discipline.: Self-Discipline: ... Guide (NAVY SEAL WARRIOR GUIDES Book 1) Sleep Apnea Book: Secrets of Sleep Apnea Treatment, Cure, Exercises, Machine and Pillow Advice (Sleep Apnea, Sleep Apnea Books, Sleep Apnea Cure, Sleep ... Sleep Apnea Machine, Sleep Secre) 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) Quit Eating Junk Food Affirmations: Positive Daily Affirmations for Junk Food Savvies to Stop the Intake of These Products Using the Law of Attraction, Self-Hypnosis, Guided Meditation Be Great at Sales Affirmations: Positive Daily Affirmations to Help You Become a Great Salesman and Attract More Prospects Using the Law of Attraction, Self-Hypnosis, & Guided Meditation Stop Drinking, & Overcome Alcohol Addiction: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations Codependent No More, Overcome Codependence: Sleep Learning, Guided Self Hypnosis, Meditation, & Affirmations 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) Emotional Healing, Heal the Pain from Your Past: Sleep Learning, Guided Meditation, Affirmations & Relaxing Deep Sleep Sexual Magnetism, Animal Attraction & Great Sex: Sleep Learning, Guided Meditation, Affirmations, Relaxing Deep Sleep Astral Projection & Soul Travel, Learn Safe Out of Body Experience: Sleep Learning, Guided Meditation, Affirmations, Relaxing Deep Sleep Past Life Regression Sleep Hypnosis: Discover Your True Nature and Uncover Your Past Lives During Sleep with Hypnosis and Meditation

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