



Positive Thoughts, Optimistic Attitude & Thinking for Healthy Living: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations

Jupiter Productions

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This "Positive Thoughts" program was designed to assist the listener in gaining a positive, grateful, optimistic and happy attitude.

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.

Accomplish your goals and create the life you've always wanted starting today.

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From reader reviews:

Anna Chew:

The book Positive Thoughts, Optimistic Attitude & Thinking for Healthy Living: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations will bring you to definitely the new experience of reading a new book. The author style to elucidate the idea is very unique. In case you try to find new book you just read, this book very appropriate to you. The book Positive Thoughts, Optimistic Attitude & Thinking for Healthy Living: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations is much recommended to you to learn. You can also get the e-book through the official web site, so you can quickly to read the book.

Jonathan Sanders:

Spent a free time for you to be fun activity to complete! A lot of people spent their free time with their family, or their very own friends. Usually they undertaking activity like watching television, gonna beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your own free time/ holiday? Can be reading a book may be option to fill your free time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to try look for book, may be the guide untitled Positive Thoughts, Optimistic Attitude & Thinking for Healthy Living: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations can be fine book to read. May be it may be best activity to you.

Shelly Reder:

A lot of people always spent their very own free time to vacation as well as go to the outside with them household or their friend. Do you realize? Many a lot of people spent that they free time just watching TV, as well as playing video games all day long. If you would like try to find a new activity this is look different you can read some sort of book. It is really fun in your case. If you enjoy the book that you read you can spent 24 hours a day to reading a book. The book Positive Thoughts, Optimistic Attitude & Thinking for Healthy Living: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations it is extremely good to read. There are a lot of those who recommended this book. These folks were enjoying reading this book. If you did not have enough space to deliver this book you can buy often the e-book. You can m0ore easily to read this book out of your smart phone. The price is not to cover but this book offers high quality.

Virginia Berry:

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who wants to become success person. So , for every you who want to start reading through as your good habit, you could pick Positive Thoughts, Optimistic Attitude & Thinking for Healthy Living: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations become your own starter.

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