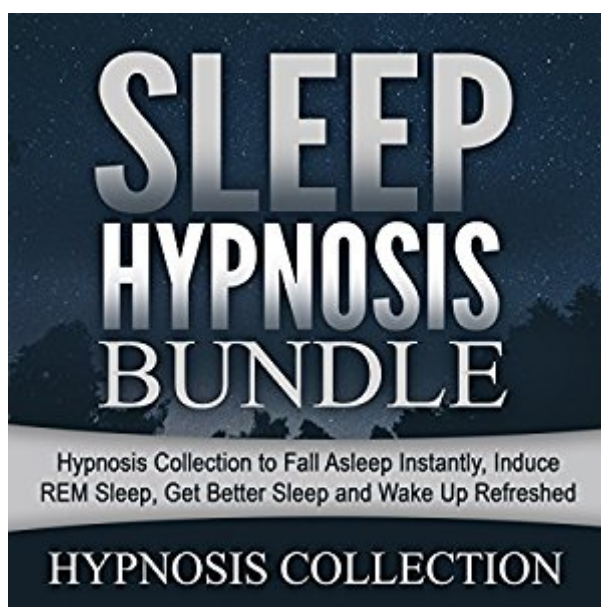


The book was found

Sleep Hypnosis Bundle: Hypnosis Collection To Fall Asleep Instantly, Induce REM Sleep, Get Better Sleep And Wake Up Refreshed



Synopsis

A lack of quality sleep can hinder your alertness and quality of life while awake, as anyone with sleeping issues already knows. Suffering through sleepless nights does not have to be your reality. Instead you can fall asleep fast and get quality sleep tonight and every night. Hypnosis has been used for centuries to cure many ailments, including the inability to get better sleep. You can help yourself improve the quality of your life with hypnotherapy. This hypnosis bundle includes the following audiobooks: 1. Deep Sleep Hypnosis: Fall Asleep Instantly and Sleep Well 2. Deep Sleep: REM Sleep Hypnosis for Better Sleep These hypnosis sessions will help you: Fall asleep fast Sleep better throughout the night Induce the REM sleep cycle Feel more refreshed after quality sleep Trouble sleeping does not have to be a norm for you. If sleeping problems plague you, it's time to try this all-natural sleep aid and put sleep hypnosis to work for you. Soon sleeplessness will be a distant memory as you doze off, sleep well, and wake up refreshed.

Book Information

Audible Audio Edition

Listening Length: 5 hours and 42 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Hypnosis Collection

Audible.com Release Date: November 30, 2015

Language: English

ASIN: B018IW2AQ8

Best Sellers Rank: #12 in Books > Self-Help > Hypnosis #140 in Books > Self-Help > Stress Management #480 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

Customer Reviews

I was surprised at the poor quality of this audio book, given all the research that went into producing it. There was nothing about concentrating on deep breathing, or progressive relaxation of the muscles. Instead, I was told to relax and told how much I enjoyed relaxing and sleeping. Something that was particularly annoying was how the reader would say "Good", after you supposedly did what she told you to do. The tone of her voice and the background music was more conducive to being seduced than trying to sleep. Picturing being at the top of a staircase while trying to sleep was downright frightening! I regret shelling out \$14 for this book.

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