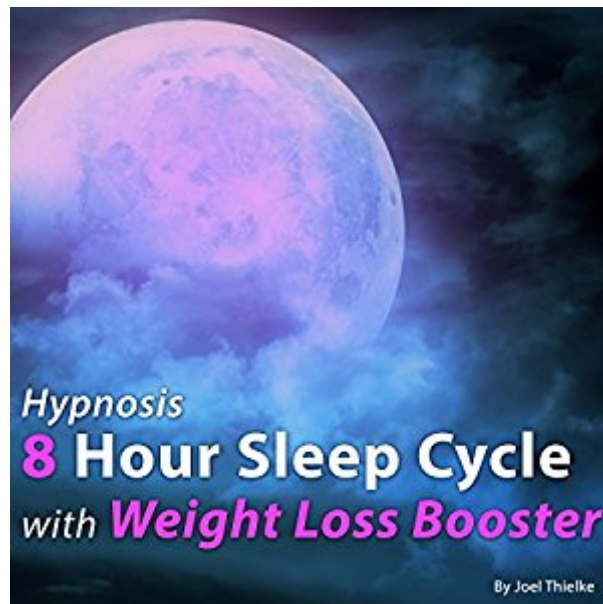


The book was found

Hypnosis 8 Hour Sleep Cycle With Weight Loss Booster: The Sleep Learning System



Synopsis

The 8 Hour Sleep Cycle with Natural Weight Loss Booster is an incredible new program that works with your sleep cycle to relax and rejuvenate your body, and help you lose weight naturally and fast! Get rid of unhealthy habits and create a mindset for weight loss and motivation while you sleep. Boost your confidence and weight loss potential at the same time. Powerful benefits of this Sleep Learning program include: Natural weight loss Faster weight loss Exercise and fitness motivation and focus Boosted confidence and self-esteem Reduced stress and anxiety Deep, restful sleep through the night More natural energy throughout your day Wake in the morning feeling rejuvenated and energized Just start listening to this eight-hour program when you're ready for bed and get comfortable to fall asleep. In the first two hours, you'll drift off to sleep with our Alpha Theta Deep Sleep Induction, which will relax your body and mind and prepare for rejuvenating REM sleep. Then approximately two hours into your program when your REM cycle starts, the "Weight Loss" boosting track will gently play, helping to stimulate natural weight loss and boost your metabolism. Your subconscious will get rid of negative and self-defeating thoughts and create empowering beliefs and confidence for weight loss and self-esteem. The next four hours of the program contain subconscious deepening and anchoring points that work with your brain waves to keep you deeply relaxed and help to naturally boost your metabolism and get in the mindset for natural, safe weight loss. When you wake in the morning, you'll feel refreshed and rejuvenated and ready to take on your day. We recommend listening to this program for 21 nights in a row.

Book Information

Audible Audio Edition

Listening Length: 7 hours and 57 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Hypnosis Enterprises, LLC

Audible.com Release Date: March 31, 2016

Language: English

ASIN: B01DMSZMWW

Best Sellers Rank: #216 in Books > Self-Help > Hypnosis #2894 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

Customer Reviews

I think there is something wrong with this audible book. The first sentence you hear is "Now as you

go down deeper into relaxation." There seems to be a chapter missing. I returned it.

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