



Stop Drinking, & Overcome Alcohol Addiction: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations

Jupiter Productions

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This *Stop Drinking* program was designed to assist the listener in reducing or eliminating the desire to consume alcohol. It is designed to assist the listener in creating more life-enhancing channels of activity and identifying and dealing with emotions in a positive way.

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:

Joshua Orvis:

Why don't make it to be your habit? Right now, try to ready your time to do the important work, like looking for your favorite book and reading a e-book. Beside you can solve your condition; you can add your knowledge by the reserve entitled Stop Drinking, & Overcome Alcohol Addiction: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations. Try to make the book Stop Drinking, & Overcome Alcohol Addiction: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations as your good friend. It means that it can to be your friend when you truly feel alone and beside regarding course make you smarter than before. Yeah, it is very fortunated for you personally. The book makes you a lot more confidence because you can know every little thing by the book. So , we should make new experience and also knowledge with this book.

Leif Gibbs:

Here thing why this particular Stop Drinking, & Overcome Alcohol Addiction: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations are different and trustworthy to be yours. First of all looking at a book is good however it depends in the content from it which is the content is as yummy as food or not. Stop Drinking, & Overcome Alcohol Addiction: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations giving you information deeper including different ways, you can find any book out there but there is no guide that similar with Stop Drinking, & Overcome Alcohol Addiction: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations. It gives you thrill examining journey, its open up your current eyes about the thing in which happened in the world which is maybe can be happened around you. It is possible to bring everywhere like in park your car, café, or even in your method home by train. If you are having difficulties in bringing the published book maybe the form of Stop Drinking, & Overcome Alcohol Addiction: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations in e-book can be your alternative.

Sally McGarvey:

A lot of people always spent their particular free time to vacation or maybe go to the outside with them family or their friend. Do you realize? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. If you want to try to find a new activity honestly, that is look different you can read any book. It is really fun in your case. If you enjoy the book that you simply read you can spent all day long to reading a book. The book Stop Drinking, & Overcome Alcohol Addiction: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations it is quite good to read. There are a lot of those who recommended this book. We were holding enjoying reading this book. Should you did not have enough space to bring this book you can buy often the e-book. You can m0ore quickly to read this book from the smart phone. The price is not too costly but this book features high quality.

Dewey Rascon:

People live in this new day of lifestyle always try to and must have the spare time or they will get wide range of stress from both lifestyle and work. So , if we ask do people have extra time, we will say absolutely without a doubt. People is human not a robot. Then we ask again, what kind of activity have you got when the spare time coming to anyone of course your answer will certainly unlimited right. Then do you ever try this one, reading guides. It can be your alternative within spending your spare time, the book you have read is actually Stop Drinking, & Overcome Alcohol Addiction: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations.

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