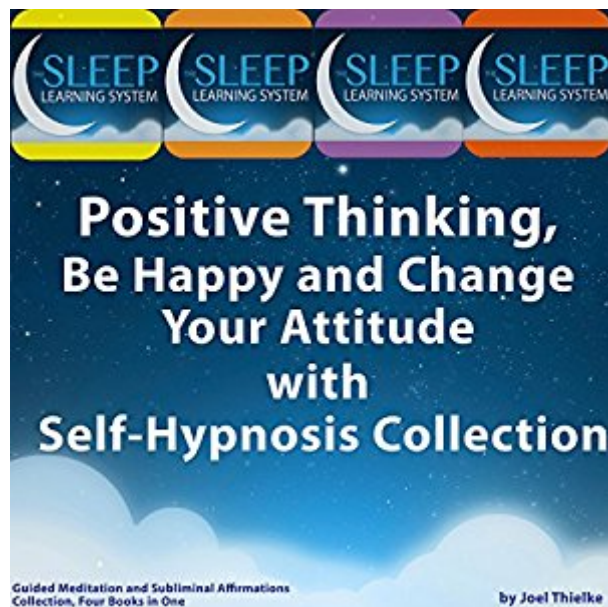


The book was found

# 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)



## Synopsis

Includes 4 Sleep Learning programs in 1! Create an attitude and mindset for success with the help of The Sleep Learning System. With this collection of Sleep Learning recordings from certified hypnotherapist Joel Thielke, not only will you sleep the whole night through and wake up feeling rested, but you will learn how to increase your motivation and self-esteem, and move past self-doubt. The Sleep Learning System is specially designed to work with your subconscious mind during your sleep cycle. The guided meditation and soothing background music will deeply relax your body and mind for the perfect night's sleep, while allowing you to think more positively.

Program 1: Balance Your Life - Find the perfect balance between work, personal life, and everything in between. Organize your time and bring peace and harmony into your life! Program 2: Own Your Power - Increase your confidence, remove self-doubt, and be the best you can be. Get motivated to take charge of your life today. Program 3: Positive Thinking - A positive attitude will change your life. Bring new opportunities into your world, be happier, and change your outlook with positive thinking. Program 4: Inner Pride - Be proud of yourself and celebrate your accomplishments. A healthy ego is exactly that-healthy! You deserve happiness and confidence.

## Book Information

Audible Audio Edition

Listening Length: 8 hours and 50 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Motivational Hypnosis Help LLC

Audible.com Release Date: November 12, 2013

Language: English

ASIN: B00GMCCFI0

Best Sellers Rank: #29 in Books > Self-Help > Hypnosis #786 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

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Meditation and Sleep Learning Positive Thinking: How to Eliminate Negative Thinking and Gain Success, Health and Happiness Through Positive Thinking and Self-empowering Affirmations (Positive Thinking Everyday Book 1) Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Hypnosis: Self Hypnosis, NLP & Mind Control 6 Steps To End Depression, Anxiety & Stress FREE BONUS (Hypnosis, Mind Control, NLP, Self Hypnosis, Hypnosis ... Hypnotism, Self Hypnosis For Beginners) 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) HYPNOSIS FOR WEIGHT LOSS: SELF HYPNOSIS as you read (FREE Life Mastery Bonus Toolkit Included!) (Self Hypnosis As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio Book 3) Manifest Your Dreams, Turn Your Big Ideas into Reality: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations Diet & Exercise Discipline for Weight Loss & Fitness Goals: Sleep Learning Series, Guided Self Hypnosis, Meditation, & Affirmations Diet & Exercise Discipline For Weight Loss & Fitness Goals: Sleep Learning Series, Guided Self Hypnosis, Meditation & Affirmations - Jupiter Productions Time Management, Organize, Prioritize & Stop Procrastinating: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations My Child Won't Sleep Through the Night: 5 No-Cry Solutions to Solve Your Child's Sleep Issues (Baby Sleep Solutions, Toddler Sleep Problems, Child Sleep Solutions, No-Cry Sleep Solution) Positive Thinking: How to Rewire Your Brain with Positive Thinking and Self-Empowering Affirmations to Finally Achieve Success and Freedom Neutralize Your Body Subliminal Affirmations: Alkaline Diet & Eating Green, Solfeggio Tones, Binaural Beats, Self Help Meditation Hypnosis Clairvoyance, Intuition & Psychic Power Guided Meditation and Affirmations: Sleep Learning System Photographic Memory, Focus & Clarity, Guided Meditation and Affirmations (The Sleep Learning System) Stop Smoking, Quit Your Smoking Habit with Hypnosis, Meditation, and Affirmations: The Sleep Learning System

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