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# Stop Smoking, Quit Your Smoking Habit With Hypnosis, Meditation, And Affirmations: The Sleep Learning System



## Synopsis

**\*\*Now includes "Deep Sleep" as a Bonus Track!** Stop smoking and kick your smoking habit for good with this guided meditation and relaxation program from certified hypnotherapist, Joel Thielke. It's as easy as turning on the tracks and falling asleep! 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 access the deepest parts of your mind to stop cravings and habits with ease. Two inductions give you options for each session, or listen to the entire album. It's your choice! You'll feel well rested and energized when you wake up, and with every time you listen, you will feel confident, healthy, and more and more free of cravings. Joel Thielke's guided mediation system gives you positive suggestions that will help you quiet your mind and melt away stress, leaving your body deeply relaxed for a great night's sleep. While you're sleeping, the program will help you remove the triggers that cause your nicotine cravings and teach you how to deal with your triggers in a healthy way. You can break the cycle today!The special inductions will gently guide you into your REM stage of sleep, working with your subconscious to make lasting change that you can see. This Sleep Learning System album comes with two extended tracks that include the Sleep Induction and Garden Induction, guided meditation programs, and bonus music and positive subliminals, providing hours of relaxation for your listening experience. Stop smoking today with The Sleep Learning System!

## Book Information

Audible Audio Edition

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#51 in Books > Self-Help > Hypnosis #1274 in Books > Audible Audiobooks > Health, Mind &

Body > Self-Help

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Smoking: Stop Smoking for Life! - The Easiest Way to Finally Quit Smoking: Stop Smoking, Quit Smoking (Addictions, Addiction Recovery, Quit Smoking, Cigarettes, Tobacco) Stop Smoking, Quit Your Smoking Habit with Hypnosis, Meditation, and Affirmations: The Sleep Learning System Stop Smoking: Stop Smoking Fast: 15 Steps to Stop Smoking: A Proven Step-by-Step Guide to Naturally Quit Smoking Cigarettes for Life (Quit Smoking Method) Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) Quit Smoking: Stop Smoking Now Quickly And Easily- The Best All Natural And Modern Methods To Quit Smoking (Quit Smoking Now Quickly & Easily So You Can ... & Defeat Nicotine Addiction Once & For All) 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) 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) Stop Smoking Today, Control Cigarette Cravings: Hypnosis, Meditation and Affirmations: The Sleep Learning System Featuring Rachael Meddows Rapid Weight Loss Affirmations: Positive Daily Affirmations to Help you Lose Weight Fast Using the Law of Attraction, Self-Hypnosis, Guided Meditation and Sleep Learning 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) 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) Time Management, Organize, Prioritize & Stop Procrastinating: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations 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) Smoking Addiction: Desire To Stop Smoking Addiction Just Three Steps (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Women's Weight Loss, Diet, and Exercise Motivation with Hypnosis, Meditation, Relaxation, and Affirmations (The Sleep Learning System) Creating a New You, Confident Personality Boost with Hypnosis, Meditation, Relaxation, and Affirmations: The Sleep Learning System Stop Hiding Behind Your Weight: Train Your Brain to Stop Emotional Eating with Self-Hypnosis, Meditation and Affirmations Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) Manifest Your Dreams, Turn Your Big Ideas into Reality: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations Sleep Apnea: The Most Effective Sleep Apnea Cure: Discover

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