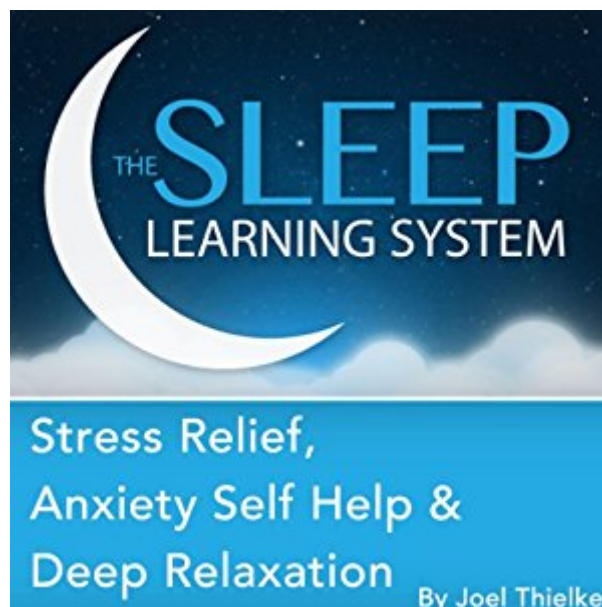


The book was found

# Stress Relief, Anxiety Self Help, And Deep Relaxation Guided Meditation And Affirmations: Sleep Learning System



## Synopsis

Relieve stress and tension, deeply relax your body and mind, and overcome anxiety with the Sleep Learning System's Stress Relief, Anxiety Self Help, and Deep Relaxation Guided Meditation and Affirmations, from certified hypnotherapist, Joel Thielke. It's as easy as turning on the track 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 for faster and longer learning. You'll feel well rested and energized when you wake up, and with every time you listen, you will find it easier to create deep relaxation and a sense of peace and calm at any time you need it. Joel Thielke's guided meditation system gives you positive suggestions that will help you quiet your mind and melt away stress, leaving your body deeply relaxed. You will learn the tools you need to control your anxiety and stress in a healthy, affective way. The special Sleep Induction 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 one long extended track that includes the Sleep Induction, guided meditation program, and bonus music and positive subliminals, providing hours of relaxation for your listening experience. Manage stress and anxiety and deeply relax your body and mind today. Let your subconscious do the work for you while you sleep!

## Book Information

Audible Audio Edition

Listening Length: 2 hours 33 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Motivational Hypnosis Help LLC

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## Customer Reviews

My first sleep hypnosis audio, first hypnosis in general. I was told as a teenager by a

hypnotist-entertainer that I am the type who is too alert/conscious and cannot be hypnotized. I was ignorant enough to believe it, and to view hypnosis as utter quackery. Then.. stress happened. Like A LOT. Nothing seemed to help my newly acquired anxiety and sudden social phobia. I can't use pharmaceuticals due to the nature of my work, and I am already physically active, so no traditional stress buffers would have made sense. I came across this while looking for other audiobooks and thought ah what the hell, what am I losing. No harm in trying. I listened to other authors/narrators via my free trial kindle. Absolutely hated some of the voices or the contents. This audio had an incredibly pleasant voice and wonderful sounds. I bought it. I listened to it. First of all, I can tell you right now - I have never slept so well, and woke up fresh and recharged. I have no idea what the narrator actually says there because I fell asleep immediately after the first 3 lines he said. That happened the next night, and the next night, and the next, etc. I figured I'll use it for sleeping aid if anything. I purchased another audio file by J.Thielke, and alternated the two. Something about charisma, not that I'd ever admit I am lacking one, but that looked 'safer' to me than 'attract wealth', - let's just say I was now the opposite of skeptical, I was suspicious - what if the hypnotist convinces me to stop shopping online and save tons of money, thus attracting wealth. :) Bottom line. A month later my anxiety is gone. That could be a coincidence because the stress has subsided. But! I am noticing that I no longer have a problem socializing with high level executives, and - if I don't say so myself - people seem to be drawn to me?? That's no coincidence. Today I'm buying more of his books.

To make something that puts you to sleep and then wakes you up at the end is insane! Ok, to get around this (because you HAVE to in order to use the product). After purchase: 1) Get Audible software (on your PC) and install from: Audible: /sw?pageFlowType=PC\_WIZARD 2) Remember the folder you set to download files in. 3) Go to Audible: /lib 4) Click the Download button 5) Open the file it downloads, and download the audio book 6) Get Sourceforge: /projects/aaxtomp3/ 7) Unzip it into a folder 8) run the GUI file (it's in German, but there's only two buttons) 9) click first button and point to the downloaded audio book 10) click second button and wait for it to convert 11) MP3 will be in same download folder. Load it into any audio editor and delete the end EDIT: won't let me post links, which are needed. I'll name the site and the end of the url and hope you can figure it out from there

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Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided Imagery & Relaxation Techniques) Stress Relief, Anxiety Self Help,

and Deep Relaxation Guided Meditation and Affirmations: Sleep Learning System DEEP HEALING SLEEP CD: Deep Relaxation, Guided Imagery Meditation and Affirmations Proven to Help Induce Deep, Restful Sleep Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Super Self-Respect, Boost Your Self-Worth & Confidence: Sleep Learning, Guided Meditation, Affirmations, Relaxing Deep Sleep Sleep Apnea Book: Secrets of Sleep Apnea Treatment, Cure, Exercises, Machine and Pillow Advice (Sleep Apnea, Sleep Apnea Books, Sleep Apnea Cure, Sleep ... Sleep Apnea Machine, Sleep Secre) Bedtime Affirmations: Positive Daily Affirmations to Aid You Take a Peaceful Sleep Free of Worries Using the Law of Attraction, Self-Hypnosis, Guided Meditation and Sleep Learning Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief Overcome Panic & Anxiety Guided Self Hypnosis: Deep Relaxation, Release Stress & Worry With Bonus Meditation & Affirmations - Anna Thompson Sleep Well: Meditation and Hypnosis Bundle for Deep Sleep, Relaxation, Stress Relief and Better Sleep Super Self-Discipline, Boost Your Willpower, Persistence & Determination: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations: Sleep Learning Series Mindfulness Meditation for Beginners: Learn to Meditate and Become More Mindful with Guided Meditation, Self Hypnosis, Affirmations, Guided Imagery and Relaxation Techniques 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) Focus to Learn German Faster: Foreign Language Study and Self Help with Hypnosis, Meditation, Relaxation, and Affirmations (The Sleep Learning System) Emotional Healing, Heal the Pain from Your Past: Sleep Learning, Guided Meditation, Affirmations & Relaxing Deep Sleep Sexual Magnetism, Animal Attraction & Great Sex: Sleep Learning, Guided Meditation, Affirmations, Relaxing Deep Sleep Astral Projection & Soul Travel, Learn Safe Out of Body Experience: Sleep Learning, Guided Meditation, Affirmations, Relaxing Deep Sleep 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) Be Great at Sales Affirmations: Positive Daily Affirmations to Help You Become a Great Salesman and Attract More Prospects Using the Law of Attraction, Self-Hypnosis, & Guided Meditation Sleep Apnea: The Most Effective Sleep Apnea Cure: Discover a Sleep Apnea Treatment in 7 Days or Less! (Sleep apnea, anxiety management, insomnia, diabetes, snoring, sleep disorders, respironics)

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