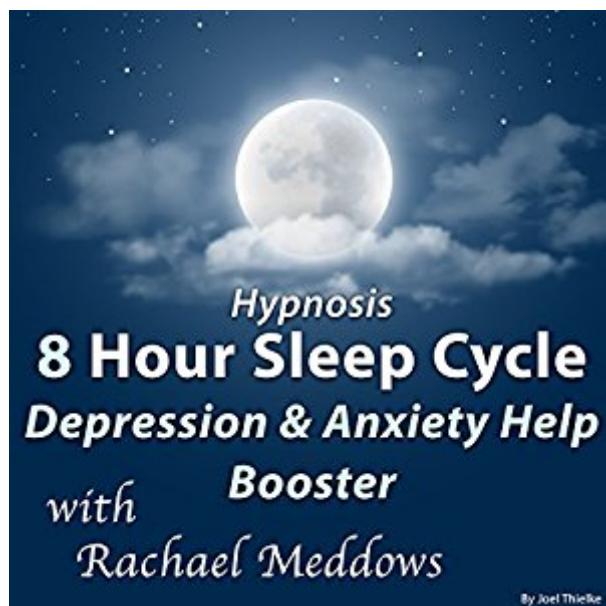


The book was found

Hypnosis 8 Hour Sleep Cycle: Depression & Anxiety Help Booster



Synopsis

Depression can seem impossible to overcome, but hypnosis can help you rewire your mind to let go of negativity and hopelessness, and embrace positive thinking, hope, happiness, fulfillment - while you sleep! Depression and Anxiety Help is an amazing, soothing experience, narrated by best-selling hypnotherapist, Rachael Meddows. The 8 Hour Sleep Cycle, Depression and Anxiety Help Booster is a soothing and incredible new program that works with your sleep cycle to help you remove old limiting beliefs and self-doubt, and helps you heal, find closure and joy, and helps you overcome depression and its symptoms. Powerful benefits of this program include: Help to overcome depression and its symptoms Empowering self-beliefs Reduced stress, anxiety, and worry Create calming, positive energy Increased confidence More energy throughout your day Deep, restful sleep through the night Rachael Meddows' soothing voice makes it easier than ever to deeply relax for a night of incredible rest. Just start listening to this 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 and half hours into your program when your REM cycle starts, the Depression & Anxiety Help boosting track will gently play, helping create self-worth, confidence, and positive energy. The next four hours of the program contain subconscious deepening and anchoring points that work with your brain waves to keep you deeply relaxed, helping you overcome depression and its symptoms, and creating loving and positive energy throughout your body and mind. At the end of the program, we will bring you out of your deep sleep with a gentle wake ending count up and positive suggestions for a great day.

Book Information

Audible Audio Edition

Listening Length: 7 hoursÂ andÂ 57 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Hypnosis Enterprises, LLC

Audible.com Release Date: September 28, 2016

Language: English

ASIN: B01LWOI0OJ

Best Sellers Rank: #166 inÂ Books > Self-Help > Hypnosis #2027 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #2976 inÂ Books > Audible Audiobooks > Health, Mind

[Download to continue reading...](#)

Hypnosis 8 Hour Sleep Cycle: Depression & Anxiety Help Booster Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free) 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) Hypnosis 8 Hour Sleep Cycle with Astral Projection Booster: The Sleep Learning System Hypnosis 8 Hour Sleep Cycle with Great Sex Booster: The Sleep Learning System Depression: The Depression Cure: The 11-Step Program to Naturally Beat Depression For Life (depression cure, depression books, depression and anxiety, ... emotional intelligence, mood disorders) Hypnosis 8 Hour Sleep Cycle: Mindful Eating & Diet Help Booster 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) 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, respiration) Sleep Hypnosis Bundle: Hypnosis Collection to Fall Asleep Instantly, Induce REM Sleep, Get Better Sleep and Wake up Refreshed Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS-30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) 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) Insomnia: 84 Sleep Hacks To Fall Asleep Fast, Sleep Better and Have Sweet Dreams Without Sleeping Pills (Sleep Disorders, Sleep Apnea Snoring, Sleep Deprivation, ... Fatigue, Chronic Fatigue Syndrome Book 1) Postpartum Depression Cure: The Self-Help Guide To Overcome Depression After Childbirth (Post partum anxiety, Post partum weight loss, Post partum depression) Hypnosis Beginners Guide:: Learn How To Use Hypnosis To Relieve Stress, Anxiety, Depression And Become Happier Past Life Regression Sleep Hypnosis: Discover Your True Nature and Uncover Your Past Lives During Sleep with Hypnosis and Meditation Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers) Sleep Well: Meditation and Hypnosis Bundle for Deep Sleep, Relaxation, Stress Relief and Better Sleep Sleep Sleep: Use the Power of Your Subconscious Mind to Sleep Smarter and End Insomnia in Just 21 Days Teen Depression: A Parent's Guide for Recognizing the Signs of Teenage Depression and Helping Your Child Find Happiness Again ~ (Help for Depression in Teens)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)