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Stop Alcohol Cravings, Quit Drinking with Hypnosis, Meditation, Relaxation, and Affirmations: The Sleep Learning System

Joel Thielke

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Now includes "Deep Sleep" as a bonus track!

Address your cravings for alcohol and stop drinking 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. With this program, you'll learn to deal with anxiety and frustration triggers in a healthy way, so that you can stop your cravings for alcohol in their tracks.

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 more relaxed, centered, and in control.

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 remove negative thinking and help you deal with the triggers that cause you want to drink, and create a healthier and more positive way of thinking.

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 drinking alcohol and take charge of your life with The Sleep Learning System!

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From reader reviews:

Lindsey Gant:

Have you spare time for just a day? What do you do when you have far more or little spare time? Yep, you can choose the suitable activity regarding spend your time. Any person spent all their spare time to take a move, shopping, or went to the actual Mall. How about open as well as read a book eligible Stop Alcohol Cravings, Quit Drinking with Hypnosis, Meditation, Relaxation, and Affirmations: The Sleep Learning System? Maybe it is for being best activity for you. You realize beside you can spend your time together with your favorite's book, you can more intelligent than before. Do you agree with it is opinion or you have other opinion?

Alexander Ray:

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Norma Barnes:

The knowledge that you get from Stop Alcohol Cravings, Quit Drinking with Hypnosis, Meditation, Relaxation, and Affirmations: The Sleep Learning System may be the more deep you looking the information that hide into the words the more you get serious about reading it. It doesn't mean that this book is hard to understand but Stop Alcohol Cravings, Quit Drinking with Hypnosis, Meditation, Relaxation, and Affirmations: The Sleep Learning System giving you thrill feeling of reading. The article author conveys their point in a number of way that can be understood by anyone who read it because the author of this guide is well-known enough. This kind of book also makes your own personal vocabulary increase well. It is therefore easy to understand then can go to you, both in printed or e-book style are available. We highly recommend you for having this Stop Alcohol Cravings, Quit Drinking with Hypnosis, Meditation, Relaxation, and Affirmations: The Sleep Learning System instantly.

Malcolm Thurmond:

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with Hypnosis, Meditation, Relaxation, and Affirmations: The Sleep Learning System can be the solution, oh how comes? A book you know. You are consequently out of date, spending your free time by reading in this completely new era is common not a nerd activity. So what these textbooks have than the others?

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