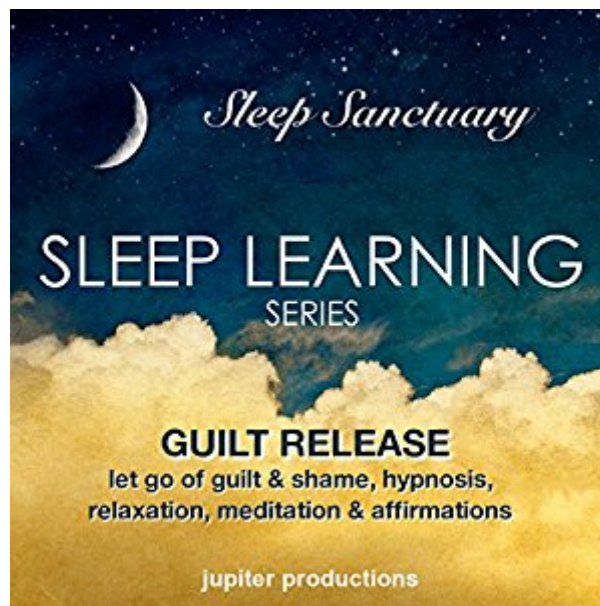


The book was found

# Guilt Release, Let Go Of Guilt And Shame: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations



## Synopsis

This "guilt release" sleep learning resource was designed to assist the listener in gaining self-beliefs related to releasing self-judgment, shame, and emotional burdens from the past, as well as gaining an enhanced sense of self-love, self-compassion, and self-forgiveness. Some say that we are the sum of what we surround ourselves with. For example: What we watch on television What we listen to on the radio Who we choose to surround ourselves with Even the thoughts we think All of the above affect our overall perceptions and thought patterns. Just like the food we eat creates our bodies over time, our thoughts shape who we are and, ultimately, what types of situations we manifest in our lives. Sleep learning can benefit a listener in powerful ways. The mind stays active even while we are sleeping. For example, a mother may sleep soundly through thunderstorms and barking dogs, yet the sound of her baby stirring in the next room will often instantly awaken her. Why not use this time (while you are asleep) to realize your potential? In addition to therapeutic hypnotic techniques and meditative affirmations, this program is further enhanced by the use of brainwave entrainment such as solfeggio tones, isochronic tones, bilateral stimulation, and white noise. Listening at a very low volume while drifting off to sleep is ideal and won't diminish your results. Accomplish your goals and create the life you've always wanted starting today.

## Book Information

Audible Audio Edition

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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) 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 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 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) 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) Sleep Hypnosis Bundle: Hypnosis Collection to Fall Asleep Instantly, Induce REM Sleep, Get Better Sleep and Wake up Refreshed 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 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) Hypnosis: Master Hypnosis, Learn hypnosis now (Hypnosis, Hypnotism, Self Hypnosis, Mind control) 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) Stop Smoking Today, Control Cigarette Cravings: Hypnosis, Meditation and Affirmations: The Sleep Learning System Featuring Rachael Meddows Stop Smoking, Quit Your Smoking Habit with Hypnosis, Meditation, and Affirmations: The Sleep Learning System 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