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Stop Smoking Today, Control Cigarette Cravings: Hypnosis, Meditation And Affirmations: The Sleep Learning System Featuring Rachael Meddows



Synopsis

Stop smoking naturally and learn how to stop your nicotine cravings in their tracks with this soothing program from the world-renowned Sleep Learning System, narrated by best-selling hypnotherapist Rachael Meddows. Just turn on the tracks, relax, and let your subconscious mind do the work for you. 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. And now Sleep Learning is better than ever, thanks to the soothing voice of Rachael Meddows. With this audiobook, gently eliminate your desire for cigarettes and smoking, and create healthier habits. This program comes with new two inductions that are exclusive to Sleep Learning programs with Rachael Meddows! When you wake up you'll feel well rested, peaceful, and in control. This 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 deal with and remove the triggers that cause you to want to smoke. 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. Let Rachael Meddows and The Sleep Learning System help you today!

Book Information

Audible Audio Edition

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respironics)

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