



Goal Achievement Discipline, Follow Through & Reach Your Goals: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations

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This *Goal Achievement Discipline* sleep learning program was designed to assist the listener in gaining focus; a positive, capable attitude; determination; and practical forward momentum for setting and accomplishing goals. It also is designed to assist the listener in releasing attitudes and beliefs that tend to sabotage goal achievement.

Some say that we are the sum total of what we surround ourselves with. For example:

Even the thoughts we think All of the above affect our overall perceptions and thought patterns. Just like how the foods we eat over time create our bodies, 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 sounds of her baby stirring in the next room will often awaken her instantly. 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 is ideal and won't diminish your results. Narrated by Anna Thompson, MA, MHP, LMHC, advanced clinical hypnotherapist. Accomplish your goals and create the life you've always wanted starting today.

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