



Peak Academic Performance Self Hypnosis: For Enhanced Learning, Test Taking & Speed Reading With Bonus Body Work Track

Anna Thompson

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This "Peak Academic Performance" self-hypnosis program was designed to assist the listener in enhancing academic performance, learning capacity, critical thinking, and speed reading skills. The Induction section features isochronic tones which are a form of brainwave entrainment to help achieve deeper relaxation. Also included within this program is an extended affirmations track, a meditation track (partly guided, with ancient Solfeggio frequencies) and as an extra bonus, an exciting and powerful drum journey, bodywork track. Using an alternate induction, hypnotic drum beats and posthypnotic suggestions related to peak academic performance, this drum journey is designed to get the listener out of their brain and back into their body. Many find this useful for releasing energy blocks, healing and integrating the mind, body and spirit. Written and 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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