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Paul McKenna, Ph.D.

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you. If you could actually train your mind so you don't have to deal with anxiety, lack of energy and bad mood ever again... would you do it? Sleeping hypnosis could be of benefit here; it speaks to the unconscious mind directly. The mindfulness learned from meditation is the easiest and most effective way to re-train the ready-for-bedtime brain, making a deep, restful night quality sleep. Mindfulness helps us to appreciate who we are and be the best version of ourselves in the world. We don't have to change our personality and do something radically different. Believe in yourself, and you can do anything you put in your mind to! But if a little extra boost is needed to believe in yourself read this book and get involved in the hypnosis world of wonder! You won't regret it! This book covers the following topics: - Causes and effects of anxiety - Free yourself from anxiety - Self-hypnosis anxiety reduction - Mind and body meditation for anxiety - Breathing techniques for anxiety - Sleep and the Importance of Sleep - Effects of Sleep Deprivation on Your Body - Principles of Self-Hypnosis - Self-Hypnosis and the Benefits and Effects on Sleep And much more! If you are ready to lose the anxiety that is currently controlling your life, if you are ready to enjoy a life that is free of fear, if you are ready to enjoy a life full of positivity and happiness then with Hypnosis you can reach to feel healthier with the right mindset. Ready to get started? Click Buy Now!

I Can Make You Sleep Paul McKenna, Ph.D., 2016-06-14 Would you like to sleep really well? Would you like to stop your mind racing and feel calm? Easily stop the disruption of waking during the night? Would you like to sleep when you want to? Awaken refreshed and full of energy? Then let Paul McKenna help you! We spend nearly a third of our lives asleep, but more of us are suffering from insomnia than ever before. Now Paul McKenna, Ph.D., has made a series of major scientific breakthroughs that can dramatically improve your sleep starting today. In this book, he shows you simple techniques and changes in your thinking and behavior can transform your sleep habits. The

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Hypnosis for Anxiety and Hypnosis for Deep Sleep Lara Jane, Kris Kruse, 2020-10-24 Do you wake up still tired in the morning after tossing and turning or having anxious dreams all night? Is your mind constantly moving, keeping you up at night thinking about stressors in your life and what you have to do tomorrow? If you answered yes to either of these questions, then we have the answer you've been searching for. With Hypnosis for Anxiety and Hypnosis for Deep Sleep, you can take control of your life again with better sleep and feel less stressed. Banish your anxiety and insomnia and finally get the good night's rest you deserve. Changing your habits and your mind starts with you - this book is just here to help guide you through it. Packed full of affirmations, meditation techniques, and hypnosis, you will achieve a happy and stress-free life. With this book in your hands, you will: ● Take control of your anxiety through affirmations, daily meditations, and finding the root cause of it ● Feel less stressed through meditation practices, stress management techniques, and self-guided hypnosis ● Sleep better at night without waking up or tossing and turning so you wake up feeling refreshed and ready to take on the day ● Start your morning positively with a proven routine, affirmations, and mindset to bring with you throughout your day ● Become more self-aware of your thoughts, behaviors, and more so you can begin your incredible transformation ● Be the best version of yourself with the help of meditating, hypnosis, affirmations, positive thinking, and more ● And Much More! Change starts with you! Are you ready to find the motivation and help you've been searching for? Stop feeling anxious and stressed. Stop battling insomnia and poor sleep. Start living a

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Hypnosis for Anxiety and Hypnosis for Deep Sleep Lara Jane and By Hypnotherapy Meditation Productions, 2020-10-19 The only person who makes the difference in believing in yourself is you! Do you want a natural method to change your mind, be happy, stress-free, fight anxiety, depression, and quiet the mind with guided hypnosis meditation and positive affirmations? Are you looking for a way to defeat insomnia and wake up relaxed in the morning? If yes, then keep reading! We all know that sleep is necessary for our health, productivity in work, a positive mood, and many other things. There are so many people out there, just like you, almost every single night fighting their minds, and in the morning still feel like you. If you could actually train your mind so you don't have to deal with anxiety, lack of energy and bad mood ever again... would you do it? Sleeping hypnosis could be of benefit here; it speaks to the unconscious mind directly. The mindfulness learned from meditation is the easiest and most effective way to re-train the ready-for-bedtime brain, making a deep, restful night

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Deep Sleep with Hypnosis for Women Jackie Parks, 2021-01-09 Welcome to the sample of Hypnosis for women, the largest hypnotherapy program consisting of 4 modules to become a Superwoman! In this 4 in 1 program, you will find all the tools to increase your awareness. Additionally, you will learn: ♦ Understand your past more deeply ♦ Eliminate negative thoughts and insecurity ♦ Stop procrastinating and start taking action ♦ Rewire your brain and get you on the road to lasting weight loss ♦ Get better and deeper sleep The following titles are included: ★ How to F * ck Anxiety and Stress: A survival guide to control your emotions, manage relationships, and become stress-free. ★ Deep Sleep Hypnosis for Women: A complete program to relaxing mind, body, and soul. ★ Rapid Weight Loss Hypnosis for Women: A Smart Hypnotherapy to overcome eating disorder, lose weight fast, and maintain your shape. ★ The Reverse Female Psychology: Complete program to rewire your brain, control manipulation, and persuasion techniques. Do not wait any longer! Scroll up, click the buy button now, and begin your journey to a confident, empowered, and happier you!

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Deep Sleep Hypnosis and Guided Meditation Hypnotherapy Academy, 2022-03-07 If You Struggle to Get Much-Needed Rest and Sleep to Get Through Daily Life, Then Get Ready to Discover Powerful Deep Sleep Hypnosis and Guided Meditation Techniques for a Full Night's Rest! Has overthinking and insomnia limited your ability to get a nourishing night's sleep? Has anxiety overshadowed your ability to relax your mind and recharge your body? Has stress and negative thinking stopped you from becoming self-aware and mindful? Then it's time to put an end to all of that! Life can grind people down. While that's all a big part of human existence, a significant lack of recovery time can truly hold you back from living a healthy, happy, motivated life. A big part of physical, mental, and emotional recovery is deep sleep. This is where Deep Sleep Hypnosis and

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Close Your Eyes, Sleep Grace Smith, 2020-12-29 The number one cause of insomnia is fear of insomnia. You toss and turn at night, trying to quiet your thoughts enough to fall asleep. Or you wake up hours before your alarm and stare at the ceiling, hoping that this time you'll manage just a little bit

more rest before sunrise. Either way, it's actually your fear of not getting enough sleep that's keeping you awake. The only way to finally get a good night's sleep is to retrain your subconscious mind and eliminate that fear. Grace Smith, world-renowned hypnotherapist and author of *Close Your Eyes, Get Free*, has helped hundreds of people do exactly that. Using the phenomenally successful power of hypnosis, *Close Your Eyes, Sleep* teaches you to access your subconscious and get your long-needed rest. The first step is learning the tools to block out your anxieties to fall asleep quickly and easily at any time of night. But hypnotherapy can take you farther than that: you'll discover how to proactively attack the causes of sleepless nights, ridding yourself of restlessness altogether and achieving the deep, restorative sleep you deserve.

Deep Sleep Hypnosis Finn Bolton, 2021-02-19 Do you want to say bye bye to overthinking, insomnia, anxiety and finally fall asleep fast? If yes, then keep reading... Hypnotherapy is a powerful practice that can allow you to overcome virtually anything you desire. Whether you want to overcome a habit, quit an addiction, start something new, or even change your routines, hypnosis can help you greatly. Many believe that hypnotherapy must be done by a professional, but this is not true. You can gain great benefits from self-hypnosis if you take the time to complete your practice effectively and learn to make the most of it. For example, if you have a particularly stressful day, engaging in a self-hypnosis session is a great way to overcome your stress and resume a peaceful state of mind. Using self-hypnosis in this way can help you understand and overcome feelings rather than compartmentalizing them or releasing them in damaging or painful ways. You can use hypnosis for all types of daily encounters, including other difficult emotions such as anger, sadness, or otherwise. There are virtually no limits to what you can and cannot accomplish with self-hypnosis, so do not be afraid to try! This book gives a comprehensive guide on the following: - Stages of Sleep - Sleep Scripts

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Deep Sleep Hypnosis Imogen Young, 2021-01-09 Do you find it hard to drop off to sleep at night? Do you suffer from insomnia, anxiety or stress? Have you considered trying something that will help you to relax and get the rest you need? Sleep is something we all need and it's no different for adults. Without a decent rest we would struggle to maintain concentration throughout the day, would likely be unable to make complex decisions and would be less productive. Millions of adults suffer from poor sleep for long periods of time, so what do you do when life gets in the way and you don't want to resort to medication? This book, Deep Sleep Hypnosis, has been created for adults and works on the same principles of relaxation that a book for children does, and includes chapters that cover: How to sleep better Tips that will improve your sleeping habits Natural remedies for a good nights' sleep The importance of eating properly Sleep meditation And lots more... Deep Sleep Hypnosis teach the art of self-hypnosis that will help you to reach a state of deep sleep calmly and quickly. If getting a good sleep is paramount for your physical and mental wellbeing, scroll up and click Add to Cart for your copy of this amazing book now!

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