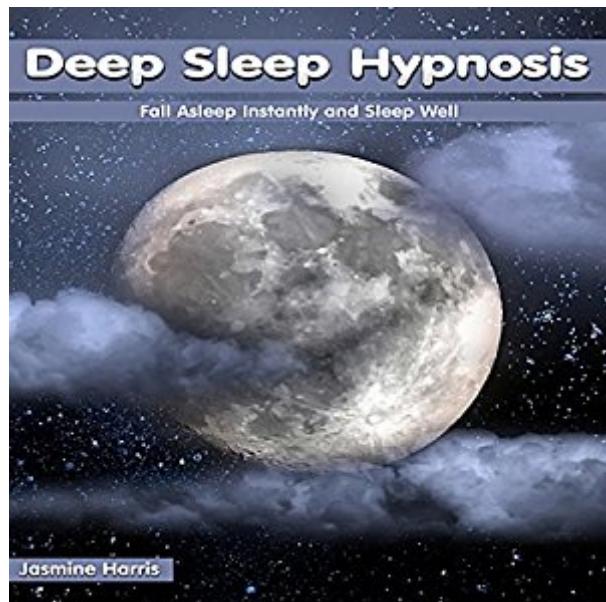


The book was found

Deep Sleep Hypnosis: Fall Asleep Instantly And Sleep Well



Synopsis

A lack of quality sleep can hinder your alertness and quality of life while awake, as anyone with sleeping issues already knows. Suffering through sleepless nights does not have to be your reality. Instead you can fall asleep fast and get quality sleep tonight and every night. Hypnosis has been used for centuries to cure many ailments, including the inability to get better sleep. You can help yourself improve the quality of your life with hypnotherapy. This self-hypnosis audiobook will help you: Fall asleep faster (and fall asleep instantly) Get better sleep Use hypnosis therapy as a sleep medication This audiobook also includes: Gentle guided sleep hypnosis Soothing nature sounds Relaxing music for better sleep Trouble sleeping does not have to be a norm for you. If sleeping problems plague you, it's time to try this all-natural sleep aid and put sleep hypnosis to work for you. Soon sleeplessness will be a distant memory as you doze off, sleep well, and wake up refreshed.

Book Information

Audible Audio Edition

Listening Length: 2 hours and 48 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Jasmine Harris

Audible.com Release Date: June 23, 2015

Language: English

ASIN: B0108KI11G

Best Sellers Rank: #115 in Books > Self-Help > Hypnosis #1234 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #1887 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

Customer Reviews

Great audiobook with a very soothing soundtrack. I loved the hypnosis and found myself drifting off before the session even ended. Have listened to it a few times now and each time I feel the quality of my sleep improving. I normally only get around 7 hours of sleep per night, so it's important that they be good. This hypnosis has been helping me make the most of my limited sleep schedule.

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