

Now includes Deep Sleep as a Bonus Track! Just say no to sugar, learn how to control and get over your sugar cravings, and learn better eating habits with this guided meditation and relaxation program, from certified hypnotherapist, Joel Thielke. Its as easy as turning on the tracks and falling asleep! 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 nights sleep, while allowing you to access the deepest parts of your mind. With this program, you will learn how to effectively overcome what triggers your desire for sugar, and make healthier food choices instead. Two inductions give you options for each session, or listen to the entire album. Its your choice! Youll feel well rested and energized when you wake up, and with every time you listen, it will get easier and easier to minimize and remove sugar from your life. Joel Thielkes 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 nights sleep. While youre sleeping, the program will help you address what triggers your desire for sugar, removing those bad habits and helping you deal with your triggers in a healthy way. You will embrace new eating habits that are healthy and empowering! 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. You can stop your sugar cravings and get rid of sugar with The Sleep Learning System!

20 Division 59 Infantry Brigade Headquarters: 18 July 1915 - 30 June 1916 (First World War, War Diary, Wo95/2111), Start Writing: A Practical Introduction to Creative Writing, Stories From the Arabian Nights, Robert and the Weird and Wacky Facts (Robert Books), Power of Followership, The, Constitutional Failure (Constitutional Thinking),

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