



Positive Thinking, Be Happy, and Change Your Attitude with Self-Hypnosis, Guided Meditation, and Subliminal Affirmations Collection - Four Books in One (The Sleep Learning System)

Joel Thielke

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Includes 4 Sleep Learning programs in 1!

Create an attitude and mindset for success with the help of The Sleep Learning System. With this collection of Sleep Learning recordings from certified hypnotherapist Joel Thielke, not only will you sleep the whole night through and wake up feeling rested, but you will learn how to increase your motivation and self-esteem, and move past self-doubt.

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 night's sleep, while allowing you to think more positively.

Program 1: Balance Your Life - Find the perfect balance between work, personal life, and everything in between. Organize your time and bring peace and harmony into your life!

Program 2: Own Your Power - Increase your confidence, remove self-doubt, and be the best "you" you can be. Get motivated to take charge of your life today.

Program 3: Positive Thinking - A positive attitude will change your life. Bring new opportunities into your world, be happier, and change your outlook with positive thinking.

Program 4: Inner Pride - Be proud of yourself and celebrate your accomplishments. A healthy ego is exactly that-healthy! You deserve happiness and confidence.

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