



# **Move on & Let Go of Toxic Relationships, People & Situations: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations**

*Jupiter Productions*

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This *Move on & Let Go* sleep learning program was designed to assist the listener in gaining self-thoughts related to releasing unhealthy relationships and increasing self-thoughts related to attracting positive, healthy relationships.

Some say that we are the sum total of what we surround ourselves with. For example:

- What we choose to watch on television
- What we listen to on the radio
- Who we choose to surround ourselves with
- Even the thoughts we think

All of the above affect our overall perceptions and thought patterns. Just like how the foods we eat create our bodies over time, our thoughts shape who we are and ultimately what types of situations we manifest in our lives.

Sleep learning can benefit a listener in powerful ways. The mind stays active even while we are sleeping. For example, a mother may sleep soundly through thunderstorms and barking dogs, yet the sound of her baby stirring in the next room will often instantly awaken her. Why not use this time (while you are asleep) to realize your potential?

In addition to therapeutic hypnotic techniques and meditative affirmations, this program is further enhanced by the use of brainwave entrainment such as solfeggio tones, isochronic tones, bilateral stimulation, and white noise. Listening at a very low volume while drifting off to sleep is ideal and won't diminish your results.

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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### **From reader reviews:**

#### **Adrian White:**

Reading can called mind hangout, why? Because when you are reading a book especially book entitled Move on & Let Go of Toxic Relationships, People & Situations: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations your head will drift away trough every dimension, wandering in each aspect that maybe unknown for but surely can be your mind friends. Imaging each and every word written in a publication then become one form conclusion and explanation that will maybe you never get prior to. The Move on & Let Go of Toxic Relationships, People & Situations: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations giving you yet another experience more than blown away your brain but also giving you useful information for your better life in this particular era. So now let us present to you the relaxing pattern at this point is your body and mind will be pleased when you are finished studying it, like winning an activity. Do you want to try this extraordinary shelling out spare time activity?

#### **Danny Floyd:**

Do you really one of the book lovers? If yes, do you ever feeling doubt when you find yourself in the book store? Make an effort to pick one book that you just dont know the inside because don't evaluate book by its protect may doesn't work is difficult job because you are scared that the inside maybe not because fantastic as in the outside search likes. Maybe you answer could be Move on & Let Go of Toxic Relationships, People & Situations: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations why because the excellent cover that make you consider concerning the content will not disappoint you. The inside or content is actually fantastic as the outside or cover. Your reading 6th sense will directly make suggestions to pick up this book.

#### **Nicolas Dandrea:**

Are you kind of stressful person, only have 10 or 15 minute in your day time to upgrading your mind proficiency or thinking skill actually analytical thinking? Then you are having problem with the book when compared with can satisfy your short space of time to read it because all of this time you only find reserve that need more time to be study. Move on & Let Go of Toxic Relationships, People & Situations: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations can be your answer since it can be read by you actually who have those short free time problems.

#### **Allison Morales:**

This Move on & Let Go of Toxic Relationships, People & Situations: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations is new way for you who has intense curiosity to look for some information mainly because it relief your hunger of information. Getting deeper you in it getting knowledge more you know or perhaps you who still having little digest in reading this Move on & Let Go of Toxic Relationships, People & Situations: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations can be the light food

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