



Sharp Focus & Concentration, Boost Mental Clarity & Brain Power: Sleep Learning, Guided Self Hypnosis & Affirmations

Jupiter Productions

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This "Sharp Focus" program was designed to assist the listener in gaining self-thoughts related to energy, focus, willpower, organization and follow-through.

Some say that we are the sum total of what we surround ourselves with. For example, what we choose to watch on television, listen to on the radio, who we choose to surround ourselves with and even the thoughts we think all have an effect on our overall perceptions and thought patterns. Just like the foods that we eat, over time, create our bodies, 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 sounds of her baby stirring in the next room will often awaken her instantly. 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 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:

Kim Armstrong:

Reading a guide tends to be new life style with this era globalization. With looking at you can get a lot of information that may give you benefit in your life. Using book everyone in this world can easily share their idea. Ebooks can also inspire a lot of people. A great deal of author can inspire their reader with their story as well as their experience. Not only the storyline that share in the books. But also they write about advantage about something that you need case in point. How to get the good score toefl, or how to teach your young ones, there are many kinds of book which exist now. The authors on this planet always try to improve their skill in writing, they also doing some investigation before they write on their book. One of them is this Sharp Focus & Concentration, Boost Mental Clarity & Brain Power: Sleep Learning, Guided Self Hypnosis & Affirmations.

Cary Barrett:

Reading can called brain hangout, why? Because if you are reading a book especially book entitled Sharp Focus & Concentration, Boost Mental Clarity & Brain Power: Sleep Learning, Guided Self Hypnosis & Affirmations the mind will drift away trough every dimension, wandering in every aspect that maybe unknown for but surely will end up 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 just before. The Sharp Focus & Concentration, Boost Mental Clarity & Brain Power: Sleep Learning, Guided Self Hypnosis & Affirmations giving you yet another experience more than blown away your brain but also giving you useful info for your better life in this particular era. So now let us teach you the relaxing pattern is your body and mind will likely be pleased when you are finished examining it, like winning a casino game. Do you want to try this extraordinary spending spare time activity?

Juan Moses:

As we know that book is important thing to add our expertise for everything. By a book we can know everything we want. A book is a list of written, printed, illustrated or blank sheet. Every year was exactly added. This publication Sharp Focus & Concentration, Boost Mental Clarity & Brain Power: Sleep Learning, Guided Self Hypnosis & Affirmations was filled concerning science. Spend your spare time to add your knowledge about your science competence. Some people has various feel when they reading a book. If you know how big selling point of a book, you can sense enjoy to read a reserve. In the modern era like now, many ways to get book you wanted.

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