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Hypnosis 8 Hour Sleep Cycle With Stop Sugar Cravings, Weight Loss Booster (The Sleep Learning System)



Synopsis

Effectively overcome what triggers your desire for sugar - while you sleep! The Hypnosis 8 Hour Sleep Cycle with Stop Sugar Cravings, Weight Loss Booster is a soothing and incredible new program that works with your sleep cycle to relax and rejuvenate your body, and teaches you how to control and get over your sugar cravings while developing new eating habits. Say goodbye to sugar cravings and unhealthy eating habits today! Powerful benefits of this eight-hour program include: Addressing and removing triggers for sugar desires Embracing new eating habits that are healthy and empowering Increasing motivation and willingness for change Lower stress, tension, and anxiety Feel instantly relaxed Deep, restful sleep through the night Deeper relaxation for your body and mind Wake in the morning feeling rejuvenated and energized Just start listening to this eight-hour program when you're ready for bed, and get comfortable to fall asleep. In the first two hours, you'll drift off to sleep with our Alpha Theta Deep Sleep Induction, which will relax your body and mind and prepare for rejuvenating REM sleep.

Book Information

Audible Audio Edition

Listening Length: 7 hours and 55 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Hypnosis Enterprises, LLC

Audible.com Release Date: June 21, 2016

Language: English

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