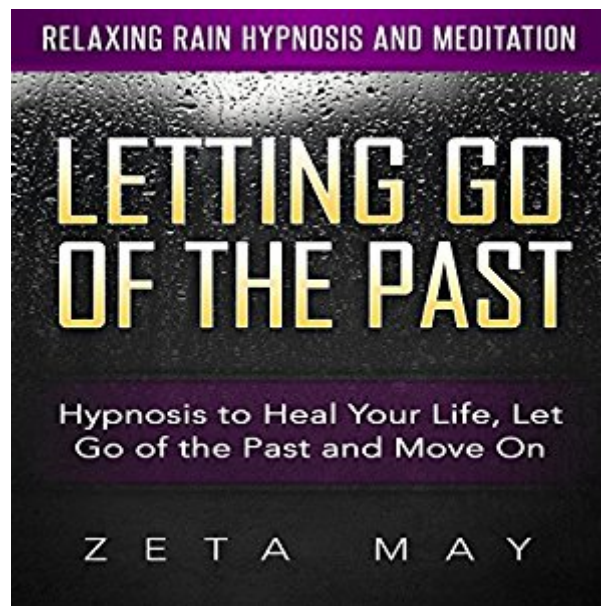


The book was found

Letting Go Of The Past: Hypnosis To Heal Your Life, Let Go Of The Past And Move On Via Relaxing Rain Hypnosis And Meditation



Synopsis

Clinging to the past can keep you from moving forward in life and robs you of the chance for genuine happiness in the present moment. This hypnosis uses neuro-linguistic programming to help you let go of the past, heal from your wounds and finally move on. This audiobook includes one 19 minute hypnosis with seven background options. It is a part of the Relaxing Rain Hypnosis and Meditation Series. The sound of rain instantly soothes and relaxes your subconscious while detangling the thoughts cluttering your mind. There is a reason why people love rainy days - it creates an ambient noise that helps you find inner calm effortlessly. This audiobook includes seven different rain soundtracks to help diversify your sessions. You can listen to a different version each day of the week or as often as you prefer. Each rain setting is designed to help you relax and increase the effectiveness of your session. This audiobook includes the following seven rain settings: 1. Ambient Thunderstorm 2. Meditation on a Rainy Day 3. Windowsill Rain 4. Ambient Oasis 5. Out in the Warm Rain 6. Space Out Rain Drops 7. Peaceful Rain It is recommended that you listen to this hypnosis once a day for three weeks in order to reprogram your thought patterns. The effects of this hypnosis are cumulative, which means the more you listen, the more likely you are to let go of the past sooner and start enjoying life more.

Book Information

Audible Audio Edition

Listening Length: 3 hours and 31 minutes

Program Type: Audiobook

Version: Original recording

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