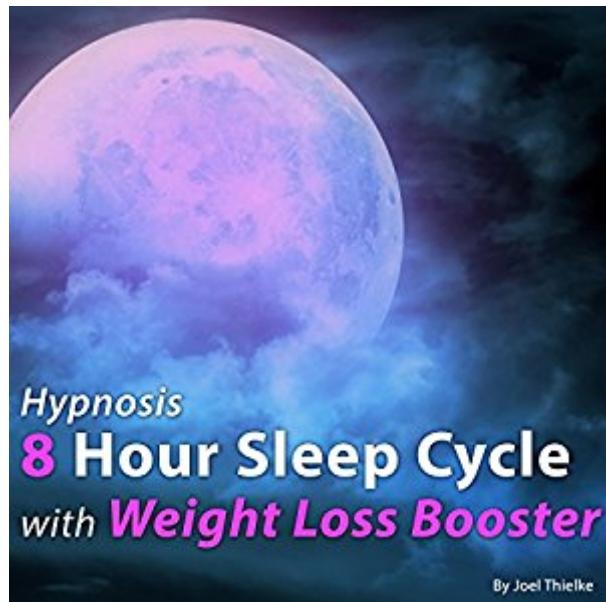


The book was found

# Hypnosis 8 Hour Sleep Cycle With Weight Loss Booster: The Sleep Learning System



## **Synopsis**

The 8 Hour Sleep Cycle with Natural Weight Loss Booster is an incredible new program that works with your sleep cycle to relax and rejuvenate your body, and help you lose weight naturally and fast! Get rid of unhealthy habits and create a mindset for weight loss and motivation while you sleep. Boost your confidence and weight loss potential at the same time. Powerful benefits of this Sleep Learning program include: Natural weight loss Faster weight loss Exercise and fitness motivation and focus Boosted confidence and self-esteem Reduced stress and anxiety Deep, restful sleep through the night More natural energy throughout your day 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. Then approximately two hours into your program when your REM cycle starts, the "Weight Loss" boosting track will gently play, helping to stimulate natural weight loss and boost your metabolism. Your subconscious will get rid of negative and self-defeating thoughts and create empowering beliefs and confidence for weight loss and self-esteem. The next four hours of the program contain subconscious deepening and anchoring points that work with your brain waves to keep you deeply relaxed and help to naturally boost your metabolism and get in the mindset for natural, safe weight loss. When you wake in the morning, you'll feel refreshed and rejuvenated and ready to take on your day. We recommend listening to this program for 21 nights in a row.

## **Book Information**

Audible Audio Edition

Listening Length: 7 hoursÂ andÂ 57 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Hypnosis Enterprises, LLC

Audible.com Release Date: March 31, 2016

Language: English

ASIN: B01DMSZMWW

Best Sellers Rank: #216 inÂ Books > Self-Help > Hypnosis #2894 inÂ Books > Audible Audiobooks > Health, Mind & Body > Self-Help

## **Customer Reviews**

I think there is something wrong with this audible book. The first sentence you hear is "Now as you

go down deeper into relaxation." There seems to be a chapter missing. I returned it.

[Download to continue reading...](#)

Hypnosis 8 Hour Sleep Cycle with Stop Sugar Cravings, Weight Loss Booster (The Sleep Learning System) Hypnosis 8 Hour Sleep Cycle with Weight Loss Booster: The Sleep Learning System Hypnosis 8-Hour Sleep Cycle with Confidence Booster: The Sleep Learning System Hypnosis 8 Hour Sleep Cycle with Chakra Opening and Cleansing Booster (The Sleep Learning System) HYPNOSIS FOR WEIGHT LOSS: SELF HYPNOSIS as you read (FREE Life Mastery Bonus Toolkit Included!) (Self Hypnosis As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio Book 3) Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Hypnosis: Self Hypnosis, NLP & Mind Control 6 Steps To End Depression, Anxiety & Stress FREE BONUS (Hypnosis, Mind Control, NLP, Self Hypnosis, Hypnosis ...) Hypnotism, Self Hypnosis For Beginners) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Sleep Apnea: The Ultimate Guide How To Manage And Treat Your Sleep Apnea (Sleep Apnea Machine, Sleep Apnea Guide, Sleep Apnea Cure, Sleep Apnea Treatment, Sleep Apnea Solution, Book 3) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Hypnosis: Master Hypnosis, Learn hypnosis now (Hypnosis, Hypnotism, Self Hypnosis, Mind control) My Child Won't Sleep Through the Night: 5 No-Cry Solutions to Solve Your Child's Sleep Issues (Baby Sleep Solutions, Toddler Sleep Problems, Child Sleep Solutions, No-Cry Sleep Solution) The Instinctive Weight Loss System - New, Groundbreaking Weight Loss Product- 7 CD's, Over 7 hours of Hypnosis for Weight Loss and Mind Reconditioning Sold in Over 40 Countries Worldwide Sleep Hypnosis Bundle: Hypnosis Collection to Fall Asleep Instantly, Induce REM Sleep, Get Better Sleep and Wake up Refreshed Perfect Self Hypnosis: Lose Weight In Your Sleep: Create the perfect self hypnosis audio for yourself or as a gift for natural, diet free, weight loss in 30 days Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) Sleep Apnea: The Most Effective Sleep Apnea Cure: Discover a Sleep Apnea Treatment in 7 Days or Less! (Sleep apnea, anxiety management, insomnia,

diabetes, snoring, sleep disorders, respiromics) Rapid Weight Loss: Hypnosis for Losing Weight Fast and Increasing Your Motivation to Lose Weight via Beach Hypnosis and Meditation

[Dmca](#)