



Stand Up for Yourself, Stop Being a Wimp, and Be Strong with Hypnosis, Meditation, Relaxation, and Affirmations: The Sleep Learning System

Joel Thielke

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Start standing up for yourself, your ideas, and what you want, and truly empower yourself with this guided meditation and relaxation program, from certified hypnotherapist Joel Thielke.

Sleep learning takes place when your mind is at rest and the subconscious is open to positive suggestions. It's an easy way of both learning and breaking bad habits while you sleep through the night.

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