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# Stop Smoking, Quit Your Smoking Habit With Hypnosis, Meditation, And Affirmations: The Sleep Learning System



## Synopsis

\*\*Now includes "Deep Sleep" as a Bonus Track! Stop smoking and kick your smoking habit for good with this guided meditation and relaxation program from certified hypnotherapist, Joel Thielke. It's as easy as turning on the tracks and falling asleep! The Sleep Learning System is specially designed to work with your subconscious mind during your sleep cycle. The guided meditation and soothing background music will deeply relax your body and mind for the perfect night's sleep, while allowing you to access the deepest parts of your mind to stop cravings and habits with ease. Two inductions give you options for each session, or listen to the entire album. It's your choice! You'll feel well rested and energized when you wake up, and with every time you listen, you will feel confident, healthy, and more and more free of cravings. Joel Thielke's guided mediation system gives you positive suggestions that will help you quiet your mind and melt away stress, leaving your body deeply relaxed for a great night's sleep. While you're sleeping, the program will help you remove the triggers that cause your nicotine cravings and teach you how to deal with your triggers in a healthy way. You can break the cycle today! The special inductions will gently guide you into your REM stage of sleep, working with your subconscious to make lasting change that you can see. This Sleep Learning System album comes with two extended tracks that include the Sleep Induction and Garden Induction, guided meditation programs, and bonus music and positive subliminals, providing hours of relaxation for your listening experience. Stop smoking today with The Sleep Learning System!

## Book Information

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Quit Smoking Now and Forever: Methods to Quit Smoking And Live A Healthier Life (Quit Smoking, Stop Smoking Forever, Stop Smoking Addiction, Quit Smoking ... Methods to Quit Smoking, Healthier Life) Smoking: Stop Smoking for Life! - The Easiest Way to Finally Quit Smoking: Stop Smoking, Quit Smoking (Addictions, Addiction Recovery, Quit Smoking, Cigarettes, Tobacco) Stop Smoking, Quit Your Smoking Habit with Hypnosis, Meditation, and Affirmations: The Sleep Learning System Whatâ„¢s Your Excuse? Proven Step-by-Step Guide on How to Finally Quit Smoking!: Quit Smoking tips, Stop Smoking timeline, How to Quit Smoking easy, How to Stop Smoking for life Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) Quit Smoking: Naturally: How To Break Free From Nicotine Addiction For Life Without Side Effects (Stop The Smoking Habit Permanently, The Easy Way, No ... Smoking Hypnosis, Stop Smoking Now, Cancer) Quit Smoking Today!: The Most Painless Ways To Permanently Stop Smoking (Smoking, Quit Smoking, Stop Smoking, Addiction) Stop Alcohol Cravings, Quit Drinking with Hypnosis, Meditation, Relaxation, and Affirmations: The Sleep Learning System Sleep Apnea Book: Secrets of Sleep Apnea Treatment, Cure, Exercises, Machine and Pillow Advice (Sleep Apnea, Sleep Apnea Books, Sleep Apnea Cure, Sleep ... Sleep Apnea Machine, Sleep Secre) Bedtime Affirmations: Positive Daily Affirmations to Aid You Take a Peaceful Sleep Free of Worries Using the Law of Attraction, Self-Hypnosis, Guided Meditation and Sleep Learning 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) Quit Eating Junk Food Affirmations: Positive Daily Affirmations for Junk Food Savvies to Stop the Intake of These Products Using the Law of Attraction, Self-Hypnosis, Guided Meditation Quit Smoking: (Free Gift eBook Inside!) The #1 Guide on How to Quit Smoking Naturally, Break the Chain and Keep Moving Forward (Stop Smoking Today, Tips ... to Deal with Cravings, Effects of Quitting) Super Self-Discipline, Boost Your Willpower, Persistence & Determination: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations: Sleep Learning Series Positive Thinking, Be Happy, and Change Your Attitude with Self-Hypnosis, Guided Meditation, and Subliminal Affirmations Collection - Four Books in One (The Sleep Learning System) Stop Drinking, & Overcome Alcohol Addiction: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations Focus to Learn German Faster: Foreign Language Study and Self Help with Hypnosis, Meditation, Relaxation, and Affirmations (The Sleep Learning System) Stop Smoking Today: Train Your Brain to Quit Craving Nicotine with Self-Hypnosis and Meditation Natural Rapid Weight Loss, Lose Weight Faster with Hypnosis, Meditation, and Affirmations: The Sleep Learning System Learn French: Fast

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