



In the Zone, Peak Performance, Reach Your Full Potential: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations

Jupiter Productions

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This *In The Zone, Peak Performance* sleep learning program was designed to assist the listener in gaining a positive, focused, and confident frame of mind to realize their highest potential.

This sleep learning program was designed to assist listeners in gaining beliefs and behaviors related to boosting their metabolisms and achieving their fitness, weight, and health goals.

Some say that we are the sum total of what we surround ourselves with. For example:

- What we choose to watch on television
- What we listen to on the radio
- Who we choose to surround ourselves with
- Even the thoughts we think

All of the above affect our overall perceptions and thought patterns. Just like how the foods we eat over time create our bodies, our thoughts shape who we are and ultimately what types of situations we manifest in our lives.

Sleep learning can benefit a listener in powerful ways. The mind stays active even while we are sleeping. For example a mother may sleep soundly through thunderstorms and barking dogs, yet the sounds of her baby stirring in the next room will often awaken her instantly. Why not use this time (while you are asleep) to realize your potential?

In addition to therapeutic hypnotic techniques and meditative affirmations, this program is further enhanced by the use of brainwave entrainment such as solfeggio tones, isochronic tones, bilateral stimulation, and white noise. Listening at a very low volume is ideal and won't diminish your results.

Narrated by Anna Thompson, MA, MHP, LMHC, advanced clinical hypnotherapist.

Accomplish your goals and create the life you've always wanted starting today.

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Salina Juarez:

This book untitled In the Zone, Peak Performance, Reach Your Full Potential: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations to be one of several books in which best seller in this year, honestly, that is because when you read this publication you can get a lot of benefit into it. You will easily to buy this book in the book retailer or you can order it via online. The publisher with this book sells the e-book too. It makes you quicker to read this book, as you can read this book in your Mobile phone. So there is no reason for you to past this e-book from your list.

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