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Anger Management, Help for Temper, Irritation & Frustration: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations

Jupiter Productions

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This *Anger Management* sleep learning script was designed to assist the listener in reducing the amount of anger being generated, creating a healthy sense of empowerment, remaining calm when feelings run high, and channeling difficult emotions in a positive direction.

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 the foods that we eat create our bodies over time, 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 sound of her baby stirring in the next room will often instantly awaken her. 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 while drifting off to sleep 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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Toni Williams:

The guide with title Anger Management, Help for Temper, Irritation & Frustration: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations has lot of information that you can discover it. You can get a lot of benefit after read this book. This particular book exist new knowledge the information that exist in this publication represented the condition of the world currently. That is important to yo7u to understand how the improvement of the world. This kind of book will bring you throughout new era of the internationalization. You can read the e-book on your own smart phone, so you can read the item anywhere you want.

Leticia Bennet:

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Johnny Relyea:

Within this era which is the greater man or who has ability in doing something more are more important than other. Do you want to become one among it? It is just simple solution to have that. What you must do is just spending your time almost no but quite enough to experience a look at some books. One of many books in the top list in your reading list is actually Anger Management, Help for Temper, Irritation & Frustration:

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