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Focus and Concentration, Brain Power Boost: Hypnosis, Meditation, and Subliminal: The Sleep Learning System Featuring Rachael Meddows

Joel Thielke

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Improve your focus and concentration and eliminate distractions with this soothing program from the world-renowned Sleep Learning System, narrated by best-selling hypnotherapist Rachael Meddows.

Just turn on the tracks, relax, and let your subconscious mind do the work for you.

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.

And now Sleep Learning is better than ever, thanks to the soothing voice of Rachael Meddows. With this audiobook, you will be guided through meditation exercises that will strengthen your focus and boost your brain power while you sleep.

This program comes with new two inductions that are exclusive to Sleep Learning programs with Rachael Meddows!

When you wake up you'll feel well rested, focused, motivated, and mentally sharp.

This 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 quiet the buzz of the day and help you get rid of the mental clutter that may be clouding your focus, and will help you concentrate and deal with distractions around you.

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.

Let Rachael Meddows and The Sleep Learning System help you today!

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