



Stress Relief, Anxiety Self Help, and Deep Relaxation Guided Meditation and Affirmations: Sleep Learning System

Joel Thielke

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Relieve stress and tension, deeply relax your body and mind, and overcome anxiety with the Sleep Learning System's *Stress Relief, Anxiety Self Help, and Deep Relaxation Guided Meditation and Affirmations*, from certified hypnotherapist, Joel Thielke. It's as easy as turning on the track 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 for faster and longer learning.

You'll feel well rested and energized when you wake up, and with every time you listen, you will find it easier to create deep relaxation and a sense of peace and calm at any time you need it.

Joel Thielke's guided meditation system gives you positive suggestions that will help you quiet your mind and melt away stress, leaving your body deeply relaxed. You will learn the tools you need to control your anxiety and stress in a healthy, affective way. The special Sleep Induction 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 one long extended track that includes the Sleep Induction, guided meditation program, and bonus music and positive subliminals, providing hours of relaxation for your listening experience.

Manage stress and anxiety and deeply relax your body and mind today. Let your subconscious do the work for you while you sleep!

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