



Power: Strengthen Your Mind, Body, and Spirit with Hypnosis, Meditation, Relaxation, and Affirmations: The Sleep Learning System

Joel Thielke

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Now includes "Deep Sleep" as a Bonus Track!

Strengthen your body, mind, and spirit and empower yourself today 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. With this program, you'll create the body you want and feel more focused and motivated for success.

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 more motivated, confident, and empowered.

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 remove negative thinking and bad habits that are keeping you from the body you want, and create confidence and self-esteem that will empower and motivate 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.

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.

You can strengthen your body, mind, and spirit with The Sleep Learning System!

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Susan Chestnut:

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