



# Move on & Let Go of Toxic Relationships, People & Situations: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations

*Jupiter Productions*

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This *Move on & Let Go* sleep learning program was designed to assist the listener in gaining self-thoughts related to releasing unhealthy relationships and increasing self-thoughts related to attracting positive, healthy relationships.

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 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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**From reader reviews:**

**Patrice Gasaway:**

Why don't make it to be your habit? Right now, try to prepare your time to do the important work, like looking for your favorite book and reading a publication. Beside you can solve your long lasting problem; you can add your knowledge by the guide entitled Move on & Let Go of Toxic Relationships, People & Situations: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations. Try to make book Move on & Let Go of Toxic Relationships, People & Situations: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations as your pal. It means that it can for being your friend when you sense alone and beside those of course make you smarter than previously. Yeah, it is very fortuned for yourself. The book makes you a lot more confidence because you can know every little thing by the book. So , let me make new experience as well as knowledge with this book.

**Hilda Dolan:**

Information is provisions for people to get better life, information today can get by anyone with everywhere. The information can be a know-how or any news even a concern. What people must be consider whenever those information which is inside former life are hard to be find than now is taking seriously which one is acceptable to believe or which one often the resource are convinced. If you get the unstable resource then you buy it as your main information you will have huge disadvantage for you. All of those possibilities will not happen with you if you take Move on & Let Go of Toxic Relationships, People & Situations: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations as the daily resource information.

**Louise Suttle:**

Reading can called thoughts hangout, why? Because when you find yourself reading a book specifically book entitled Move on & Let Go of Toxic Relationships, People & Situations: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations your thoughts will drift away trough every dimension, wandering in each and every aspect that maybe unfamiliar for but surely will end up your mind friends. Imaging every word written in a guide then become one form conclusion and explanation this maybe you never get ahead of. The Move on & Let Go of Toxic Relationships, People & Situations: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations giving you yet another experience more than blown away your thoughts but also giving you useful info for your better life on this era. So now let us present to you the relaxing pattern at this point is your body and mind are going to be pleased when you are finished examining it, like winning a sport. Do you want to try this extraordinary shelling out spare time activity?

**Mark Brainerd:**

Are you kind of occupied person, only have 10 as well as 15 minute in your moment to upgrading your mind proficiency or thinking skill possibly analytical thinking? Then you have problem with the book in comparison with can satisfy your small amount of time to read it because this all time you only find reserve

that need more time to be examine. Move on & Let Go of Toxic Relationships, People & Situations: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations can be your answer because it can be read by you who have those short spare time problems.

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