



Sharp Focus & Concentration, Boost Mental Clarity & Brain Power: Sleep Learning, Guided Self Hypnosis & Affirmations

Jupiter Productions

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This "Sharp Focus" program was designed to assist the listener in gaining self-thoughts related to energy, focus, willpower, organization and follow-through.

Some say that we are the sum total of what we surround ourselves with. For example, what we choose to watch on television, listen to on the radio, who we choose to surround ourselves with and even the thoughts we think all have an effect on our overall perceptions and thought patterns. Just like the foods that we eat, over time, create our bodies, 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 sounds of her baby stirring in the next room will often awaken her instantly. 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 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:

Terri Rouse:

Spent a free time for you to be fun activity to do! A lot of people spent their free time with their family, or their very own friends. Usually they carrying out activity like watching television, about to beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Could be reading a book may be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the publication untitled Sharp Focus & Concentration, Boost Mental Clarity & Brain Power: Sleep Learning, Guided Self Hypnosis & Affirmations can be excellent book to read. May be it might be best activity to you.

Margo Soares:

Does one one of the book lovers? If so, do you ever feeling doubt when you find yourself in the book store? Make an effort to pick one book that you find out the inside because don't assess book by its cover may doesn't work at this point is difficult job because you are scared that the inside maybe not since fantastic as in the outside seem likes. Maybe you answer might be Sharp Focus & Concentration, Boost Mental Clarity & Brain Power: Sleep Learning, Guided Self Hypnosis & Affirmations why because the wonderful cover that make you consider concerning the content will not disappoint you actually. The inside or content is fantastic as the outside or maybe cover. Your reading sixth sense will directly assist you to pick up this book.

Richard Sauls:

Is it you who having spare time then spend it whole day through watching television programs or just resting on the bed? Do you need something new? This Sharp Focus & Concentration, Boost Mental Clarity & Brain Power: Sleep Learning, Guided Self Hypnosis & Affirmations can be the respond to, oh how comes? The new book you know. You are therefore out of date, spending your spare time by reading in this new era is common not a geek activity. So what these publications have than the others?

Doris Whobrey:

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