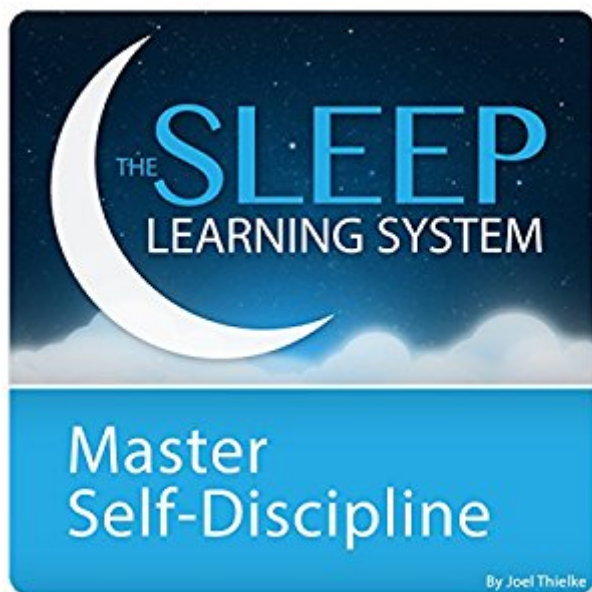


The book was found

# Master Self-Discipline And Willpower With Hypnosis And Meditation: The Sleep Learning System



## Synopsis

Learn how to master self-discipline and create iron willpower. Start making healthy, positive choices that will affect your life in incredible and powerful ways with this soothing guided meditation program from The Sleep Learning System. Just turn on the tracks, relax, and fall asleep... positive change awaits you! Sleep learning takes place when your mind is at rest and the subconscious is open to positive suggestions. It's an easy way of both learning and breaking bad habits while you sleep through the night. Let Joel's voice guide you into a deep, restful sleep and help you remove any negative self-beliefs or bad habits. When you wake, you'll feel refreshed, focused, and motivated.

## Book Information

Audible Audio Edition

Listening Length: 2 hours and 45 minutes

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