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# Clear The Clutter, Free Your Home, Free Your Life: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations




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## Synopsis

This Clear the Clutter sleep learning program was designed to assist the listener in gaining positive associations with cleaning and organizing, as well as the motivation to make it happen. 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 the foods that 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.

## Book Information

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Habits of a Clutter-Free Life.How to Organize Your Home,Finance&Lifestyle! (Clutter Free,Lifestyle,Clutter,Declutter) CLUTTER TO CLUTTER FREE: A Step by Step Guide on How to Organize and Get Rid of Clutter For a Stress-Free Life and Home (Home Organization, Hoarding, Declutter, Clutter free living with Kids) Clutter Free: Clutter Free Home EASY DECLUTTERING GUIDE (Clutter free, Clutter, Decluttering,Tidying up, Organizing, Tiny house, Minimalism) Sleep Apnea Book: Secrets of Sleep Apnea Treatment, Cure, Exercises, Machine and Pillow Advice (Sleep Apnea, Sleep Apnea Books, Sleep Apnea Cure, Sleep ... Sleep Apnea Machine, Sleep Secre) Bedtime Affirmations: Positive Daily Affirmations to Aid You Take a Peaceful Sleep Free of Worries Using the Law of Attraction, Self-Hypnosis, Guided Meditation and Sleep Learning Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided Imagery & Relaxation Techniques) Sleep Apnea: The Ultimate Guide How To Manage And Treat Your Sleep Apnea (Sleep Apnea Machine, Sleep Apnea Guide, Sleep Apnea Cure, Sleep Apnea Treatment, Sleep Apnea Solution, Book 3) Super Self-Discipline, Boost Your Willpower, Persistence & Determination: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations: Sleep Learning Series Sleep Well: Meditation and Hypnosis Bundle for Deep Sleep, Relaxation, Stress Relief and Better Sleep Focus to Learn German Faster: Foreign Language Study and Self Help with Hypnosis, Meditation, Relaxation, and Affirmations (The Sleep Learning System) Stop Alcohol Cravings, Quit Drinking with Hypnosis, Meditation, Relaxation, and Affirmations: The Sleep Learning System Past Life Regression Sleep Hypnosis: Discover Your True Nature and Uncover Your Past Lives During Sleep with Hypnosis and Meditation Mindfulness Meditation for Beginners: Learn to Meditate and Become More Mindful with Guided Meditation, Self Hypnosis, Affirmations, Guided Imagery and Relaxation Techniques DEEP HEALING SLEEP CD: Deep Relaxation, Guided Imagery Meditation and Affirmations Proven to Help Induce Deep, Restful Sleep Sleep Hypnosis Bundle: Hypnosis Collection to Fall Asleep Instantly, Induce REM Sleep, Get Better Sleep and Wake up Refreshed Stop Smoking, Quit Your Smoking Habit with Hypnosis, Meditation, and Affirmations: The Sleep Learning System Positive Thinking, Be Happy, and Change Your Attitude with Self-Hypnosis, Guided Meditation, and Subliminal Affirmations Collection - Four Books in One (The Sleep Learning System) Emotional Healing, Heal the Pain from Your Past: Sleep Learning, Guided Meditation, Affirmations & Relaxing Deep Sleep Super Self-Respect, Boost Your Self-Worth & Confidence: Sleep Learning, Guided Meditation, Affirmations, Relaxing Deep Sleep

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