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Clara Nightingale



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Deep Sleep Hypnosis Maya Raji, 2021-03-17 Are you having trouble sleeping Have You Wondered to have a deep sleep every single night All people who suffer from insomnia have to face two fears lose money and waste precious time with little valuable information This Book will teach you everything you need to sleep better without paying for expensive consultations Learn how to relax avoiding the main mistakes everybody makes This step by step guide will explain in detail how to get started with this fantastic method This is what you will find in this fantastic Book How Hypnosis works Tips and tricks to fall asleep better How to create the ideal sleep environment and that s not all The Best Strategies to Prevent Insomnia Secrets to get enough sleep The Most Effective Insomnia Remedy and much more Take advantage of this Guide and take control of your life What are you waiting for Press the Buy Now button and get started **DEEP SLEEP** Emily Anderson, 2021-04-26 55% OFF for Bookstores NOW at 23 95 instead of 34 95 Buy it NOW and let your customers get addicted to this awesome book

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body clock works and how to best optimize it for better health and quality sleep Easy adjustments and activities you can do before bedtime that will ensure you sleep well every night Knowing the right bedroom temperature settings for maximum comfort can make a huge difference for a good night's sleep Different types of sleep disorders explained how they are treated various medical options that are available and how to identify if you have one any of these disorders Daytime and Night time sleep activities and behaviors that will greatly improve the quality of sleep Simple ways you can create an ideal sleeping environment that costs you very little to nothing

Deep Sleep Forever Melanie Johnson, 2020-11-15 Do you struggle to fall asleep at night Do you toss and turn when you do try to fall asleep Do you dream of sleeping all night Do you dream of being rested every morning Millions of people do have a hard time falling asleep at night It leads to daytime sleepiness which leaves one feeling lousy saps productivity and may even harm his/her health But there is a study which has shown that mindfulness meditation can help one to overcome this problem This technique involves a mind calming exercise that focuses on breathing and being aware of the present moment There are several causes of why people do not get sleep at night or suffer from insomnia which differs from one person to another Insomnia could be because of emotional issues such as anxiety depression and stress However there are other causes such as someone going through a traumatic experience taking medications that affect sleep These health problems interfere with sleep excessive caffeine intake and improper sleep environment among others This book covers The Causes Of Insomnia The First Steps To Ending The Insomnia Struggle Health Benefits Of Sleep Body Disfunctions The Cure Of Insomnia Biphasic Sleep And much more People with healthy sleep usually wake up refreshed full of energy and in a good mood They are ready to take on the day resolve the daily tasks focused concentrated and without an exaggerated stress reaction In the evening people with healthy sleep hygiene fall asleep effortlessly and pass through all the sleep phases without waking up Then what are you waiting for start sleeping as you deserve

Deep Sleep Hypnosis Grace Taylor, 2020-12-03 Do you struggle to fall asleep at night Have you tried different sleep methods that did not work If you don't want to feel exhausted the following day anymore then this is the right book for you This book will highlight for you a million and more reasons why Deep Sleep Hypnosis is the real deal at the moment and why you should take the advantage it brings This is an all inclusive guide for you to have a best of everything in life overcome insomnia overthinking smoking addiction past life trauma and be happier you will feel physically and mentally rejuvenated It contains many step by step and easy to follow hypnosis scripts to get you started on your journey towards growth self empowerment and healing In this book you will have a deeper and completed understanding of all the Deep Sleep aspects You will learn The power of our subconscious mind How sleep hypnosis cures insomnia Benefits of deep sleep hypnosis for overthinking and anxiety How to recover from your afflictions using deep sleep hypnosis How to develop positive self talk to build self esteem How past life trauma manifests Past Life Regression Therapy plrt Why willpower only goes so far in smoking cessation Mindfulness techniques to kick smoking addiction Hypnotic gastric band for weight loss AND MORE

According to scientists our subconscious mind is 30 000 times more powerful than our conscious mind Therefore anyone who is looking to win the battle of addictive behaviors insomnia overthinking smoking addiction hypnotic gastric band or past life trauma has to access the part of the mind that is responsible for all of it Even if you tried different Sleep Methods in the past and failed this Deep Sleep Hypnosis Guide will help you to change your sleep routine for your own safe and actualize your goal What are you waiting for Press the Buy Now Bottom and get started **Hypnosis to Relax Yourself** Angelina

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Sleep Success Whether young or old male or female this book offers tailored advice for every stage of life Conclude your journey with extensive resources and recommended readings to continue mastering the art of sleep Make every night a sanctuary with this ultimate guide to understanding and improving your sleep Embark on the path to reclaiming your nights and revitalizing your days Guided Meditation for Deep Sleep and Bed Time Stories for Adults Meredith Arina,2020-12

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