

Stop Stress at Work, Be More Productive with Hypnosis, Meditation, and Affirmations: The Sleep Learning System



Learn how to control and manage workplace stress and be more productive. Its time to take control of your environment and make work a place where you can feel confident, focused, and clear. Its all here with this guided meditation program from the best-selling Sleep Learning System program and world-renowned hypnotherapist Joel Thielke. Just listen and fall asleep to the soothing sound of Joels voice, and see the amazing positive changes that will happen in your life! Sleep learning takes place when your mind is at rest and the subconscious is open to positive suggestions. Its an easy way of both learning and breaking bad habits while you sleep through the night. Let this soothing guided meditation and hypnosis program melt away your stress and give you helpful tools to handle workplace stress so that you can be more focused and productive.

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