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Power Listening Skills, Improve Attention, Focus & Recall: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations

Jupiter Productions

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This "power listening skills" sleep learning resource was designed to assist the listener in gaining self-beliefs related to good listening skills, healthy internal boundaries, enhanced communication, and increased emotional intelligence.

Some say that we are the sum of what we surround ourselves with. For example:

- What we 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 food we eat creates 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.

Accomplish your goals and create the life you've always wanted starting today.

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