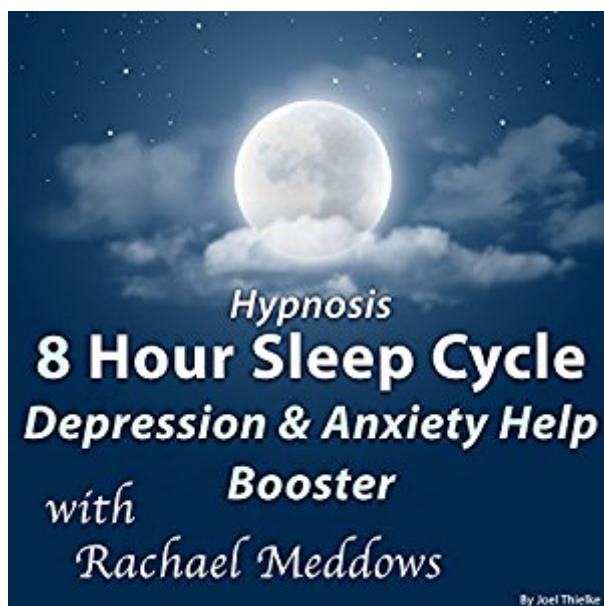


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# Hypnosis 8 Hour Sleep Cycle: Depression & Anxiety Help Booster



## Synopsis

Depression can seem impossible to overcome, but hypnosis can help you rewire your mind to let go of negativity and hopelessness, and embrace positive thinking, hope, happiness, fulfillment - while you sleep! Depression and Anxiety Help is an amazing, soothing experience, narrated by best-selling hypnotherapist, Rachael Meddows. The 8 Hour Sleep Cycle, Depression and Anxiety Help Booster is a soothing and incredible new program that works with your sleep cycle to help you remove old limiting beliefs and self-doubt, and helps you heal, find closure and joy, and helps you overcome depression and its symptoms. Powerful benefits of this program include: Help to overcome depression and its symptoms Empowering self-beliefs Reduced stress, anxiety, and worry Create calming, positive energy Increased confidence More energy throughout your day Deep, restful sleep through the night Rachael Meddows' soothing voice makes it easier than ever to deeply relax for a night of incredible rest. Just start listening to this program when you're ready for bed, and get comfortable to fall asleep. In the first two hours, you'll drift off to sleep with our alpha theta deep sleep Induction, which will relax your body and mind and prepare for rejuvenating REM sleep. Then approximately two and half hours into your program when your REM cycle starts, the Depression & Anxiety Help boosting track will gently play, helping create self-worth, confidence, and positive energy. The next four hours of the program contain subconscious deepening and anchoring points that work with your brain waves to keep you deeply relaxed, helping you overcome depression and its symptoms, and creating loving and positive energy throughout your body and mind. At the end of the program, we will bring you out of your deep sleep with a gentle wake ending count up and positive suggestions for a great day.

## Book Information

Audible Audio Edition

Listening Length: 7 hours and 57 minutes

Program Type: Audiobook

Version: Original recording

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