

Thinner Thighs, Weight Loss, and Body Sculpting with Hypnosis, Meditation, and Affirmations (The Sleep Learning System)



Tone your thighs and get a lean, strong body, lose weight fast, and get motivated to exercise and create healthy habits with The Sleep Learning Systems Thinner Thighs, Weight Loss, and Body Sculpting with Hypnosis, Meditation, and Affirmations, from certified hypnotherapist, Joel Thielke.

The following program is in a script format that can be used in several ways. You may use it as a resource or reference. This is also a helpful tool for if you're interested in recording a hypnosis session for personal use only. You can tailor the script as you go based on what works for you personally. Sleep learning takes place when your mind is at rest and the subconscious is open to positive suggestions. It's an easy way of both learning and breaking bad habits while you sleep through the night. What are you waiting for? Lose weight, tone your thighs, and get in the best shape of your life with The Sleep Learning System.

Reviews for The Sleep Learning System: I just wanted to say that I lost 20 lbs with this program it really works and I can't thank you guys enough. I wasn't sure how much change could happen while I was sleeping but it really did change my life. Sandra K., Los Angeles, CA I give you 5 stars. It's relaxing and helps me sleep all night, and I'm way more motivated when I wake up. Ryan H., New York Great stuff, I'll definitely buy more of these, I slept like a baby Harris B., Joplin, Missouri Soooo relaxing! I felt so great when I woke up after this program, thank you. Hannah G., Portland, Oregon AMAZING. Soothing and easy. Mike J., Atlanta, GA

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