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Learn Spanish: Sleep Learning System: Foreign Language Self Help Guided Meditation And Affirmations



Synopsis

Make learning Spanish faster and easier. Open the language center of your mind and use guided meditation help with your foreign language study with this special program from certified hypnotherapist, Joel Thielke. It's as easy as turning on the track and falling asleep! The Sleep Learning System is specially designed to work with your subconscious mind during your sleep cycle. The guided meditation and soothing background music will deeply relax your body and mind for the perfect night's sleep, while allowing you to access the deepest parts of your mind for faster and longer learning. You'll feel well rested and energized when you wake up, and with every time you listen, you'll find that learning the Spanish language comes more and more naturally to you. Joel Thielke's guided mediation system gives you positive suggestions that will help you retain the Spanish language easier and help you focus on learning. The special Sleep Induction will gently guide you into your REM stage of sleep, working with your subconscious to make lasting change that you can see. This Sleep Learning System album comes with one long extended track that includes the Sleep Induction, guided meditation program, and bonus music and positive subliminals, providing hours of relaxation for your listening experience. This program is a great way to supplement your Spanish studies. Why not make learning a foreign language easier? Let your subconscious do the work for you while you sleep!

Book Information

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Program Type: Audiobook

Version: Original recording

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Customer Reviews

I only gave it a single star because I can't choose any negative stars. It actually deserves a negative 10 stars. It's the worst waste of money I have ever spent on book.

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