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Weight Loss - Stop Emotional Eating Now: Hypnosis, Meditation, Relaxation and Subliminal

Joel Thielke

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Stop the cycle of emotional eating, and deal with your triggers in a healthy way that's perfect for weight loss and confidence with this soothing program from the world-renowned Sleep Learning System, by best-selling hypnotherapist, Rachael Meddows.

Just turn on the tracks, relax, and let your subconscious mind do the work for you.

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.

And now Sleep Learning is better than ever, thanks to the soothing voice of Rachael Meddows. With this audiobook, you will learn how to control your emotional eating urges so that you can lose weight and feel confident and strong in your body.

This program comes with new two inductions that are exclusive to Sleep Learning programs with Rachael Meddows!

When you wake up you'll feel well rested and ready to take on your day.

This guided mediation system gives you positive suggestions that will help you quiet your mind and melt away stress, leaving your body deeply relaxed for a great night's sleep. While you're sleeping, the program will help you remove unhealthy habits that trigger your emotional eating, and help you stop the cycle so you can lose weight and feel amazing in your body.

The special inductions will gently guide you into your REM stage of sleep, working with your subconscious to make lasting change that you can see.

Let Rachael Meddows and The Sleep Learning System help you today!

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