



Quick Wit - Develop a Sharp Sense of Humor: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations

Jupiter Productions

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This quick wit sleep learning resource was designed to assist the listener in gaining self-confidence and social ease; expanding their creative capacity for humor and wit; becoming awake to the moment and to the paradoxes, ironies, discrepancies, and socially repressed honest experiences; and enhancing their abilities to humor themselves and the world around them.

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

- What we choose to 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 foods that we eat create 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.

Narrated by Anna Thompson, MA, MHP, LMHC, advanced clinical hypnotherapist.

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

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From reader reviews:

William Lee:

This Quick Wit - Develop a Sharp Sense of Humor: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations book is simply not ordinary book, you have after that it the world is in your hands. The benefit you receive by reading this book is usually information inside this publication incredible fresh, you will get details which is getting deeper you actually read a lot of information you will get. This specific Quick Wit - Develop a Sharp Sense of Humor: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations without we comprehend teach the one who studying it become critical in thinking and analyzing. Don't be worry Quick Wit - Develop a Sharp Sense of Humor: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations can bring when you are and not make your tote space or bookshelves' come to be full because you can have it in the lovely laptop even telephone. This Quick Wit - Develop a Sharp Sense of Humor: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations having very good arrangement in word in addition to layout, so you will not really feel uninterested in reading.

Alice Myers:

This book untitled Quick Wit - Develop a Sharp Sense of Humor: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations to be one of several books this best seller in this year, honestly, that is because when you read this publication you can get a lot of benefit onto it. You will easily to buy this specific book in the book retailer or you can order it via online. The publisher in this book sells the e-book too. It makes you more easily to read this book, since you can read this book in your Mobile phone. So there is no reason to you to past this book from your list.

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David Gonzales:

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