



# **Total Focus & Concentration for Success with Hypnosis and Meditation: The Sleep Lab with Amy Applebaum**

*Amy Applebaum*

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# Total Focus & Concentration for Success with Hypnosis and Meditation: The Sleep Lab with Amy Applebaum

*Amy Applebaum*

## **Total Focus & Concentration for Success with Hypnosis and Meditation: The Sleep Lab with Amy Applebaum** Amy Applebaum

Increase your focus, concentration, and drive for success. You deserve success and fulfillment, and now you can get it with the help of guided meditation...all while you sleep!

Amy Applebaum is proud to present her Sleep Lab collection, programs designed to use while you sleep. As a world-renowned life coach and hypnotherapist, Amy can help you increase your focus naturally, become more motivated, and set your sights on success.

Powerful benefits include:

- Increased motivation and focus for success
- Positive and empowering self-beliefs
- Natural energy throughout your day
- The ability to set and reach your goals faster
- Deep, rejuvenating sleep through the night

Amy is a life and business coach, author, speaker, and hypnotherapist whose success has led to high-profile appearances on such television outlets as ABC News, CNN, TLC, Dr. Drew's *Lifechangers* and Martha Stewart, to name a few. She also serves as an expert to publications including the *New York Time*, the *International Herald Tribune*, *Cosmopolitan*, *Shape*, *Figure* magazine, and *Woman's World*.

And now, Amy has taken her knowledge of personal and business success, and created this Sleep Lab program to help you make lasting, positive changes while you sleep.

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