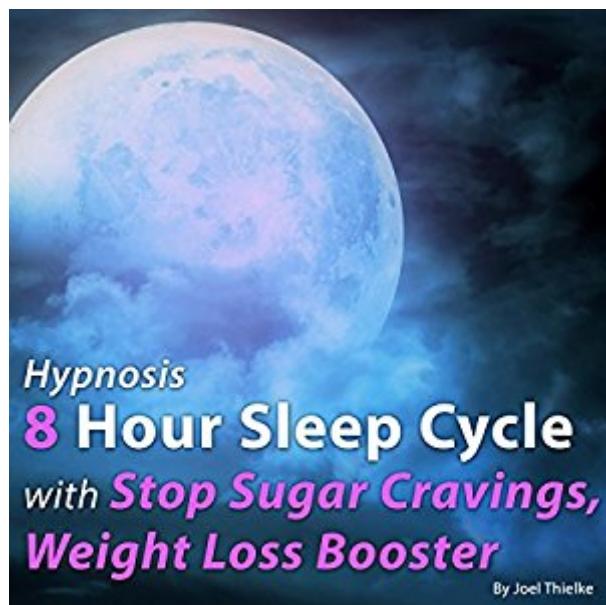


The book was found

# Hypnosis 8 Hour Sleep Cycle With Stop Sugar Cravings, Weight Loss Booster (The Sleep Learning System)



## Synopsis

Effectively overcome what triggers your desire for sugar - while you sleep! The Hypnosis 8 Hour Sleep Cycle with Stop Sugar Cravings, Weight Loss Booster is a soothing and incredible new program that works with your sleep cycle to relax and rejuvenate your body, and teaches you how to control and get over your sugar cravings while developing new eating habits. Say goodbye to sugar cravings and unhealthy eating habits today! Powerful benefits of this eight-hour program include: Addressing and removing triggers for sugar desires Embracing new eating habits that are healthy and empowering Increasing motivation and willingness for change Lower stress, tension, and anxiety Feel instantly relaxed Deep, restful sleep through the night Deeper relaxation for your body and mind Wake in the morning feeling rejuvenated and energized Just start listening to this eight-hour program when you're ready for bed, and get comfortable to fall asleep. In the first two hours, you'll drift off to sleep with our Alpha Theta Deep Sleep Induction, which will relax your body and mind and prepare for rejuvenating REM sleep.

## Book Information

Audible Audio Edition

Listening Length: 7 hours and 55 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Hypnosis Enterprises, LLC

Audible.com Release Date: June 21, 2016

Language: English

ASIN: B01HC4XHZG

Best Sellers Rank: #99 in Books > Self-Help > Hypnosis #1766 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help #2266 in Books > Self-Help > Motivational

[Download to continue reading...](#)

Hypnosis 8 Hour Sleep Cycle with Stop Sugar Cravings, Weight Loss Booster (The Sleep Learning System) Hypnosis 8 Hour Sleep Cycle with Weight Loss Booster: The Sleep Learning System Sugar Detox: Sugar Detox for Beginners - A QUICK START GUIDE to Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy and Lose Weight with the Sugar Detox Diet, Sugar Free Recipes Included Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight

with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Hypnosis 8-Hour Sleep Cycle with Confidence Booster: The Sleep Learning System Hypnosis 8 Hour Sleep Cycle with Chakra Opening and Cleansing Booster (The Sleep Learning System) HYPNOSIS FOR WEIGHT LOSS: SELF HYPNOSIS as you read (FREE Life Mastery Bonus Toolkit Included!) (Self Hypnosis As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio Book 3) Sugar Gliders: The New Owner's Guide to Sugar Glider Care (Sugar Glider, Sugar Glider Care, Sugar Glider Books, Sugar Glider Facts, Pet Sugar Glider Book 1) Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Hypnosis: Self Hypnosis, NLP & Mind Control 6 Steps To End Depression, Anxiety & Stress FREE BONUS (Hypnosis, Mind Control, NLP, Self Hypnosis, Hypnosis ... Hypnotism, Self Hypnosis For Beginners) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Cravings Buster, Stop Cravings and Lose Weight with Hypnosis & Meditation: Better Health and Diet Help Sleep Apnea: The Ultimate Guide How To Manage And Treat Your Sleep Apnea (Sleep Apnea Machine, Sleep Apnea Guide, Sleep Apnea Cure, Sleep Apnea Treatment, Sleep Apnea Solution, Book 3) Stop Smoking Today, Control Cigarette Cravings: Hypnosis, Meditation and Affirmations: The Sleep Learning System Featuring Rachael Meddows Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Hypnosis: Master Hypnosis, Learn hypnosis now (Hypnosis, Hypnotism, Self Hypnosis, Mind control) My Child Won't Sleep Through the Night: 5 No-Cry Solutions to Solve Your Child's Sleep Issues (Baby Sleep Solutions, Toddler Sleep Problems, Child Sleep Solutions, No-Cry Sleep Solution)

[Dmca](#)