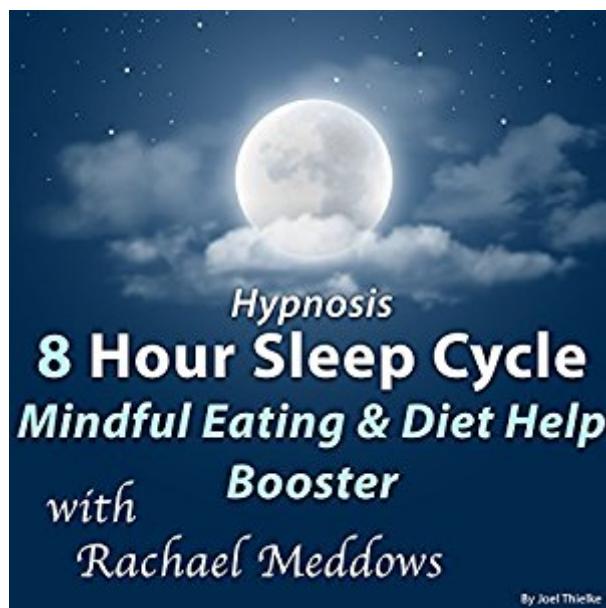


The book was found

# Hypnosis 8 Hour Sleep Cycle: Mindful Eating & Diet Help Booster



## Synopsis

Learn how to practice mindful eating, feel fuller longer, and lose weight faster - while you sleep!

Mindful Eating and Diet Help is an amazing, soothing experience, narrated by best-selling hypnotherapist, Rachael Meddows. The 8 Hour Sleep Cycle, Mindful Eating and Diet Help Booster is a soothing and incredible new program that works with your sleep cycle to help you remove old limiting beliefs, eating habits, and cravings and helps you feel fuller for longer when you eat. Lose weight with mindful eating! Powerful benefits of this program include: Lose weight faster Dieting help Feel fuller for longer when you eat Reduce cravings for sugar and junk food Feel lighter and more energized More energy throughout your day Deep, restful sleep through the night Rachael Meddows' soothing voice makes it easier than ever to deeply relax for a night of incredible rest. Just start listening to this 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. Then approximately two hours into your program when your REM cycle starts, the Mindful Eating and Diet Help boosting track will gently play, helping you remove old unhealthy habits, and keeping you fuller for longer after you eat. The next four hours of the program contain subconscious deepening and anchoring points that work with your brain waves to keep you deeply relaxed, helping you create empowering beliefs for weight loss and diet help, and teaching you mindful eating. At the end of the program, we will bring you out of your deep sleep with a gentle wake ending count up and positive suggestions for a great day.

## Book Information

Audible Audio Edition

Listening Length: 7 hours and 57 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Hypnosis Enterprises, LLC

Audible.com Release Date: September 28, 2016

Language: English

ASIN: B01LXNOLQE

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