



# Super Self-Respect, Boost Your Self-Worth & Self-Esteem: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations

*Jupiter Productions*

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This Super Self-Respect sleep learning program was designed to assist the listener in gaining self-thoughts related to increased self-love, releasing self-judgments and shame, developing self-acceptance, and expanding healthy self-care habits.

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.



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**James Jackson:**

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**Marylouise Potter:**

Many people spending their time period by playing outside with friends, fun activity together with family or just watching TV 24 hours a day. You can have new activity to shell out your whole day by reading a book. Ugh, do you consider reading a book will surely hard because you have to use the book everywhere? It fine you can have the e-book, bringing everywhere you want in your Smart phone. Like Super Self-Respect, Boost Your Self-Worth & Self-Esteem: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations which is obtaining the e-book version. So , why not try out this book? Let's see.

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