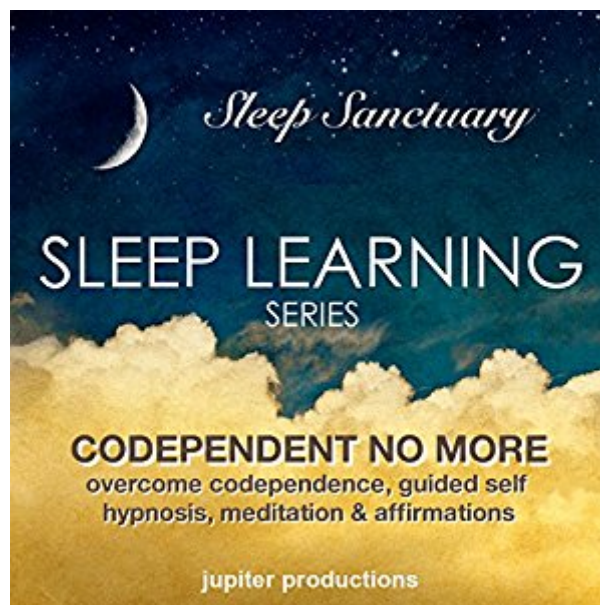




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Codependent No More, Overcome Codependence: Sleep Learning, Guided Self Hypnosis, Meditation, & Affirmations



Synopsis

This "codependent no more" program was designed to enhance the listener's ability to release codependent tendencies, release the victim mentality, gain a more powerful sense of self through personal responsibility, gain more moderate thinking, and to assist in gaining healthy boundaries. Please note, the author advises that this program should be used in conjunction with care from a qualified mental health provider. Some say that we are the sum total of what we surround ourselves with. For example, what we choose to watch on television, listen to on the radio, surround ourselves with, and even the thoughts we think all have an effect on our overall perceptions and thought patterns. Just like the foods that we eat, over time, create our bodies, our thoughts shape who we are. And they ultimately shape the 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 sounds of her baby stirring in the next room will often wake her instantly. 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 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.

Book Information

Audible Audio Edition

Listening Length: 3 hours 29 minutes

Program Type: Audiobook

Version: Original recording

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Customer Reviews

I can hardly hear the voice. For me being hard of hearing, the music is way to loud compared to the

message from the voice.

Horrible quality the music is too loud can't hear the narrators voice.

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Codependent No More, Overcome Codependence: Sleep Learning, Guided Self Hypnosis, Meditation, & Affirmations Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided Imagery & Relaxation Techniques) Bedtime Affirmations: Positive Daily Affirmations to Aid You Take a Peaceful Sleep Free of Worries Using the Law of Attraction, Self-Hypnosis, Guided Meditation and Sleep Learning Super Self-Discipline, Boost Your Willpower, Persistence & Determination: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations: Sleep Learning Series Sleep Apnea Book: Secrets of Sleep Apnea Treatment, Cure, Exercises, Machine and Pillow Advice (Sleep Apnea, Sleep Apnea Books, Sleep Apnea Cure, Sleep ... Sleep Apnea Machine, Sleep Secre) Stop Drinking, & Overcome Alcohol Addiction: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations Mindfulness Meditation for Beginners: Learn to Meditate and Become More Mindful with Guided Meditation, Self Hypnosis, Affirmations, Guided Imagery and Relaxation Techniques Super Self-Respect, Boost Your Self-Worth & Confidence: Sleep Learning, Guided Meditation, Affirmations, Relaxing Deep Sleep 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) Be Great at Sales Affirmations: Positive Daily Affirmations to Help You Become a Great Salesman and Attract More Prospects Using the Law of Attraction, Self-Hypnosis, & Guided Meditation Diet & Exercise Discipline for Weight Loss & Fitness Goals: Sleep Learning Series, Guided Self Hypnosis, Meditation, & Affirmations Positive Thinking, Be Happy, and Change Your Attitude with Self-Hypnosis, Guided Meditation, and Subliminal Affirmations Collection - Four Books in One (The Sleep Learning System) Quit Eating Junk Food Affirmations: Positive Daily Affirmations for Junk Food Savvies to Stop the Intake of These Products Using the Law of Attraction, Self-Hypnosis, Guided Meditation Overcome Panic & Anxiety Guided Self Hypnosis: Deep Relaxation, Release Stress & Worry With Bonus Meditation & Affirmations - Anna Thompson Emotional Healing, Heal the Pain from Your Past: Sleep Learning, Guided Meditation, Affirmations & Relaxing Deep Sleep Sexual Magnetism, Animal Attraction & Great Sex: Sleep Learning, Guided Meditation, Affirmations, Relaxing Deep Sleep Astral Projection & Soul Travel, Learn Safe Out of Body Experience: Sleep Learning, Guided Meditation, Affirmations, Relaxing Deep Sleep Focus to Learn German Faster: Foreign Language Study and Self Help with Hypnosis, Meditation,

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