



# **Confidence and Self-Esteem Boost with Hypnosis, Meditation, and Affirmations (The Sleep Learning System)**

*Joel Thielke*

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**\*\*Now includes “Deep Sleep” as a Bonus Track!**

Increase your confidence, feel great, and embrace your self-worth with The Sleep Learning System's *Confidence and Self-Esteem Boos twith Hypnosis, Meditation, and Affirmations*, from certified hypnotherapist, Joel Thielke.

Today is the day you realize how incredible your self-worth is and boost your confidence. It's as easy as turning on the track and falling asleep!

The Sleep Learning System is specially designed to work with your subconscious mind during your sleep cycle. The guided meditation and soothing background music will deeply relax your body and mind for the perfect night's sleep, while allowing you to access the deepest parts of your mind for faster and longer learning.

You'll feel well rested and energized when you wake up, and with every time you listen, you will feel more motivated, confident, and start taking steps to further your career.

Joel Thielke's guided mediation system gives you positive suggestions that will help you quiet your mind and melt away stress, leaving your body deeply relaxed for a great night's sleep. While you're sleeping, the program will help increase your confidence and self-esteem by removing self-doubt and limiting beliefs, helping you create healthy and positive self-beliefs.

The special Sleep Induction will gently guide you into your REM stage of sleep, working with your subconscious to make lasting change that you can see.

This Sleep Learning System album comes with one long extended track that includes the Sleep Induction, guided meditation program, and bonus music and positive subliminals, providing hours of relaxation for your listening experience.

Start feeling empowered and confident today! You can do it, and The Sleep Learning System can help.

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