



Improve Your Memory (Self Hypnosis and Meditation)

Erick Brown

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Are you having trouble remembering details, and find you forget information easily? Do you wish you could improve your memory and increase your focus and concentration at work, school, and home? Boost your memory and find focus and clarity with this hypnosis program from Erick Brown.

Improve Your Memory Hypnosis will help train your mind to become more powerful and remember details easily and quickly, boosting your memory every time you listen. Powerful suggestions for deep relaxation and positive change will be received by your mind, increasing your focus and concentration skills, detoxing your mind and increasing your mental clarity and ability to remember details.

Improve Your Memory Hypnosis includes an instructional track and three hypnosis tracks for you to choose from:

- One containing a beach induction that will lull you into a deep state of relaxation with the soothing sounds of waves hitting the shore, allowing you to let go of any mental inhibitions and be completely open to positive change.
- One containing a staircase induction that will walk you down a mental stairway into a deeply relaxed state that ends with you in a peaceful, safe place where you can feel comfortable enough to completely open up to these hypnotic suggestions.
- One containing a speed induction that will quickly take you into a deeply relaxed state. Use this track if you are already familiar with the relaxation process and would like to quickly move into deep relaxation.

In addition to the hypnosis tracks, we have included a bonus track. This soothing bonus track can be used with your hypnosis program or on its own for a deep, restful sleep. Binaural beats and solfeggio tones relax your brainwaves and body, melting away tension and stress.

Also included on this audio book are five subliminal chapters. These subliminal chapters are designed to be listened to at anytime, day or night. Do not listen to them while operating a moving vehicle.

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Lawrence Scuderi:

A lot of people always spent their own free time to vacation or go to the outside with them friends and family or their friend. Do you realize? Many a lot of people spent these people free time just watching TV, or playing video games all day long. If you need to try to find a new activity honestly, that is look different you can read a new book. It is really fun in your case. If you enjoy the book that you read you can spent 24 hours a day to reading a guide. The book Improve Your Memory (Self Hypnosis and Meditation) it is rather good to read. There are a lot of individuals who recommended this book. These folks were enjoying reading this book. In case you did not have enough space to bring this book you can buy the actual e-book. You can m0ore very easily to read this book out of your smart phone. The price is not very costly but this book provides high quality.

Audrey Patton:

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Marie Slaughter:

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