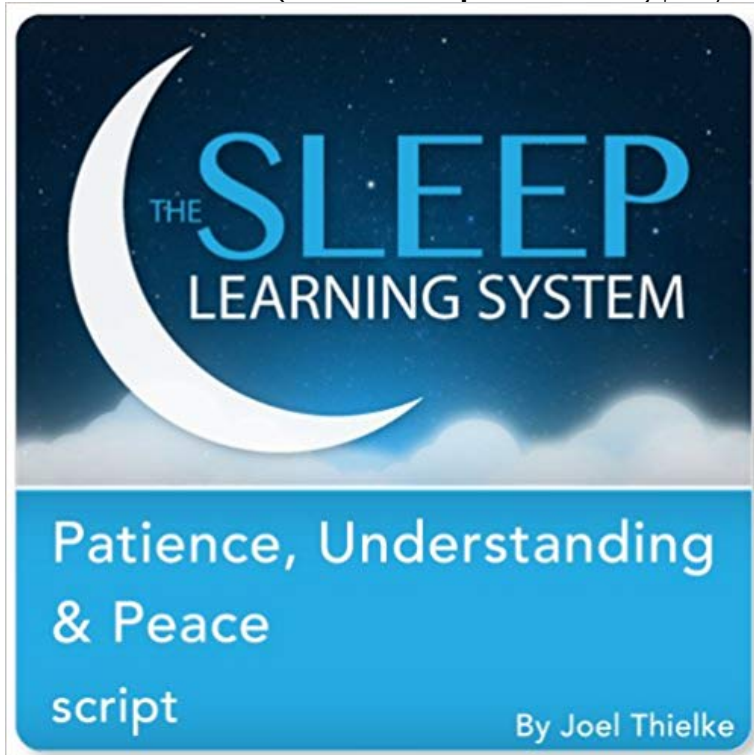


# Patience, Understanding & Peace with Hypnosis, Meditation, and Affirmations (The Sleep Learning System)



Create unlimited patience and peace from deep within with this guided meditation and relaxation program from certified hypnotherapist, Joel Thielke. The following program is in a script format that can be used in several ways. You may use it as a resource or reference. This is also a helpful tool for if you're interested in recording a hypnosis session for personal use only. You can tailor the script as you go based on what works for you personally.

Sleep learning takes place when your mind is at rest and the subconscious is open to positive suggestions. It's an easy way of both learning and breaking bad habits while you sleep through the night. Develop a new sense of patience and understanding with The Sleep Learning System!

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Reviews for The Sleep Learning System: Soooo relaxing! I felt so great when I woke up after this program, thank you. Hannah G., Portland, Oregon I give you 5 stars. It's relaxing and helps me sleep all night, and I'm way more motivated when I wake up. Ryan H., New York Great stuff, I'll definitely buy more of these, I slept like a baby Harris B., Joplin, Missouri I just wanted to say that I lost 20 lbs with this program it really works and I can't thank you guys enough. I wasn't sure how much change could happen while I was sleeping but it really did change my life. Sandra K., Los Angeles, CA AMAZING. Soothing and easy. Mike J., Atlanta, GA

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