

Mp3 Gwen Randall-young - Restful Sleep



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Calming Imagery / Hypnotic Suggestion for Deep, Nourishing Sleep 1 MP3 Songs NEW AGE: Healing, NEW AGE: Meditation Details: Relax and surrender to the soothing voice and images as Gwen guides you along a peaceful journey which will prepare your mind and body for deep and restful sleep. Repeated listenings will train the body/mind so it moves naturally and automatically into nourishing, revitalizing sleep. Background music by Aeolia, used with permission. Gwen Randall-Young is a psychotherapist and author whose work bridges the worlds of psychology and spirit. Her gentle voice of change, and soul-centered approach as expressed in her books, audiotapes, and CDs continues to transform and uplift the lives of many throughout the world. For more titles, articles and information, please visit Gwens website: gwen.ca People who are interested in should consider this download.

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