

# Mp3 Beverly Hills Hypnosis - Sweet Dreams...hypnosis For Better Sleep



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"Sweet Dreams..." is a highly effective, special blend of hypnosis, relaxation techniques and guided imagery that will enable you to slow down, unwind and enjoy the deep sleep you need. 2 MP3 Songs

SPOKEN WORD: Instructional, NEW AGE: Relaxation Details: CLIENT REVIEWS: "World Class insomniac has turned into the Sleeping Beauty under Trevor's hypnotic spell." - Phyllis Diller, Comedian "I always leave my sessions with Trevor relaxed and free of stress." - Bill Brooks, Vice President - Hilton Hotels ENJOY BETTER SLEEP! Imagine gently lying on your pillow and quickly drifting to sleep each and every night. "Sweet Dreams..." is a highly effective, special blend of hypnosis, relaxation techniques and guided imagery that will enable you to slow down, unwind and enjoy the deep sleep you need. Drift to sleep easily each night and wake up every morning feeling refreshed and full of energy. Why is "Sweet Dreams..." so effective? By creating direct access to the most powerful part of the mind, the subconscious, you can teach your subconscious mind to automatically act in the ways that best suit your goals, rather than relying on poor habits that you've built up over the years. When you align what you consciously desire with your subconscious motivations...your possibilities are endless! Can everyone be hypnotized? Yes. Have you ever been driving a familiar route home and suddenly arrived at your destination without remembering the last few minutes of the drive? This is one example of our subconscious mind taking over the routine details of life. Our subconscious mind handles most of our day to day activities. That is the subconscious mind's job - to handle the details of life, while our conscious mind handles the more important needs. Most clients are amazed at how quickly they accomplish their desired results. Unlike traditional therapies, Hypnotherapy is able to help you reach your goals without going through years of self-exploration. When You Are Ready! Reach your goals faster than ever! You

can and will make permanent, positive changes in your personal and professional life. Beverly Hills Hypnosis offers an effective, relaxing, drug-free choice for change. ABOUT THE AUTHOR: Trevor H. Scott, C.Ht. is the founder and executive director of Beverly Hills Hypnosis. A member of The American Counseling Association and a Certified Clinical Hypnotherapist, Trevor is a frequent radio guest and the author of over ten motivational programs. People who are interested in should consider this download.

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