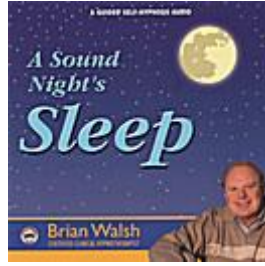# Mp3 Brian Walsh - A Sound Night's Sleep (guided Self-hypnosis)

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A mellow hypnotic voice to guide you into a deep sleep. 2 MP3 Songs SPOKEN WORD: With Music, SPOKEN WORD: Instructional Details: Tossing and turning your mind is racing, going over everything that happened during the day or what may occur tomorrow. When ones mind is undisciplined, it refuses to relax and it refuses to allow the body to unwind. As a result, it is difficult and even impossible at times to go to sleep. "62 of American adults reported that they have insomnia a few nights a week or more. That is up by 27 in a decade." National Sleep Foundation poll. Sleep deprivation can cause irritability, poor memory, poor concentration, mood swings, and memory impairments. It may even interfere with tissue repair and growth, not to mention cell regeneration. What can you do? If your condition is chronic, we suggest that you consult a sleep clinic. In the meanwhile, this self-hypnosis recording will certainly calm your body mind. What must be done regarding sleep, is to train your mind to do what you want it to do, when you want it to. Listen to this, and you will fall asleep faster, sleep more deeply, sleep longer, and wake up refreshed. Please note that a "Dual-Voice" method is used here. Occasionally, you will hear two voices at one time. That is intentional. It is designed to distract your conscious mind. Dr. Walsh is dedicated to personal growth and enrichment through his workshops, teleclasses, audio and video products, and his many articles. He is a master practitioner of NLP, an acupuncture detoxification specialist, an EFT practitioner, and a clinical hypnotherapist. His bestselling book, "Unleashing Your Brilliance" has a companion DVD, "Enriched Learning." In addition, he has co-authored a self-help book with John Gray and Jack Canfield, "101 Great Ways to Improve Your Life: Volume 2." People who are interested in should consider this download.

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