

# Mp3 Janet Montgomery And Jeff Gold - 11 Minute Nap



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High powered executives and world leaders know the power of short naps. Recharge your body and mind in 11 minutes. Gain clarity and energy, de-stress and improve your well being in 11 minutes. 1 MP3 Songs in this album (10:34) ! Related styles: NEW AGE: Relaxation, NEW AGE: Self-Help People who are interested in George Winston should consider this download. Details: It has long been established that taking a short nap or rest has a very healthy effect on the mind and body. Many famous people throughout history were known as nap takers including Thomas Edison, Albert Einstein, Winston Churchill as well as several U.S. Presidents. NASA uses naps to increase pilot performance. United States Marine Commanders mandate the use of power naps. Life can be so hectic, automatic and rushed with so many responsibilities. Taking this timeout for rest can be vital to your rest. And why 11 minutes? It is believed that it takes 11 minutes to fully recharge the body. You can do this anytime you want, It's not hard work. Simply download to your ipod, close your eyes and sit back in your chair. It's a gentle and effective approach to re-program yourself, to improve your ability to cope with stress and improve your mental acuity.....in only about 11 minutes. Some people claim that the "11 Minute Nap" cured their headache! While that wasn't our original intention, we are thrilled with that side effect. Certified Hypnotherapist Janet Montgomery brings you proven techniques for managing stress in this relaxing "Guided Imagery" CD. Her soothing voice, accompanied by the mellow sounds of Jeff Gold's instrumental music, will transport you to a place of ultimate peace and regeneration. As you relax and put everyday thoughts and responsibilities aside for a while, your brain waves slow down which allows access to the deeper parts of your mind, where the desired information needs to go. A deep state of relaxation is the ideal place to affect behavioral change. When intentions are instilled at this level, they become indelible in our psyche. This is the science of hypnosis, and the aim of this CD is to aid you in the process of Self-Hypnosis, through

"Guided Imagery". Janet Montgomery is a Certified Hypnotherapist who graduated with honors from the Hypnosis Motivation Institute. She received the Directors award for Remarkable Performance Achievements During Professional Training. Janet uses guided imagery, neurolinguistics, voice dialogue, time line therapy and goal setting assignments in her hypnotherapy practice. Janet works with stress, anxiety, fears, phobias, weight, smoking, goal setting, pre and post surgery preparation, pain management, tinnitus reduction, sexual relationship enhancement, behavior modification, procrastination and many other self improvement issues. Janet is also a staff hypnotherapist at the Porter Ranch Medical Center and is a participating provider with Blue Cross Healthy Extensions and Ameriplan. Certified by: The American Hypnosis Association The American Board of Hypnotherapy Member of: The National Guild of Hypnotists The International Hypnosis Federation The American Tinnitus Association The Interstitial Cystitis Association Jeff Gold is a Composer/Musician who has scored all of 3 of Janet's CD's. He has also released a solo album "Soul of a Mountain" which is also available on CDbaby. His latest CD, which will be great for yoga and massage therapy will be released in early 2009. Other releases by Janet Montgomery and Jeff Gold: "Sleep Well" - Sit back, take a deep breath, get comfortable...and come along on a journey with JANET MONTGOMERY, Certified Hypnotherapist, who will teach you how to relax more deeply, for optimal sleep and better health. "Live Well" - Soothing music together with proven techniques for managing stress will transport you to a place of ultimate peace and calm.

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