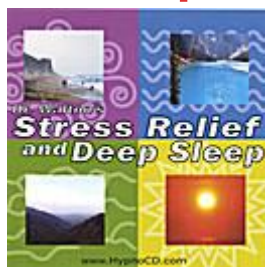


Mp3 Dr. James E. Walton, Ph.d. - Stress Relief & Deep Sleep



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Everything you'd need (or want) to get the most restful sleep of your life - or your money back. Experience a completely natural, rejuvenating sleep through Dr. Walton's powerful hypnosis treatment. 6 MP3 Songs

SPOKEN WORD: Instructional, SPOKEN WORD: Audiobook Details: Fall asleep quickly and effortlessly through an effective sleep management system that uses hypnosis developed by an award winning therapist and doctor of clinical psychology. You can experience a powerful transformation from restlessness into calm, relaxed centeredness as you drift into a peaceful nights sleep. In 2006, Dr. Walton was awarded First Runner-Up for Best Album of the Year in self-help from the prestigious JPF International Music Awards. He now imparts all the quality and expertise that earned him that award into "Dr. Walton's Stress Relief Deep Sleep". This is truly one of the finest albums for treating sleeplessness on the market today. We're so sure you'll love this album that if you're not 100 satisfied, simply return it to us within 14 days and we'll refund the entire purchase price on the spot. The hypnosis treatments found on this album provide you with an effective means to manage, control and release anxiety so you can feel as centered and relaxed during the day as you can at night getting a sound night's rest. ___ About Dr. James E. Walton, Ph.D. Dr. James E. Walton holds a doctorate in Clinical Psychology and a master's degree in Family Therapy. He's a licensed Marriage and Family Therapist and a professional member of the California Association of Marriage and Family Therapists. A nationally recognized expert in the field of individual and couples therapy, Dr. Walton has been featured on numerous television and radio programs throughout the United States, such as Discovery Health, VH-1 and MSNBC, including a recent appearance on MSNBC's Oscar Night of the Stars for the 2007 Academy Awards, where he discussed important skills for handling and excelling in life changing events. For several years, Dr. Walton hosted

"Shrink Rap", a show on the award-winning radio station, KCSN, 88.5 FM. On Shrink Rap, Dr. Walton interviewed and shared ideas with some of the great leaders in the fields of psychology and counseling, such as: award-winning psychologist and NY Times bestselling author, JOHN GOTTMAN; internationally-acclaimed psychologist and author of It Will Never Happen to Me, CLAUDIA BLACK; renowned psychiatrist and creator of Reality Therapy, WILLIAM GLASSER; groundbreaking psychotherapist and author on the neurophysics of human behavior, ERNEST ROSSI; legendary founder of Cognitive Therapy, AARON BECK; and frequent Oprah guest, NY Times bestselling author, and famed psychologist, HARVILLE HENDRIX. In 2006, he was awarded First Runner-Up for Best Album of the Year in self-help from the prestigious JPF International Music Awards. In the late 1980's, Dr. Walton joined Shirley MacLaine's staff in Beverly Hills contributing to her national Higher-Self Seminar Tour promoting meditation and self-awareness. Dr. Walton has also served as an institutional review board member ensuring the rights of human subjects who participate in biomedical research sponsored by drug companies and the National Institutes of Health. In his private psychotherapy practice in Sherman Oaks, he draws upon 18 years experience in treating individuals, couples and families. Dr. Walton also has a private practice, and is a certified trained specialist in clinical hypnosis and life coaching.

___ The Benefits of "Dr. Walton's Stress Relief Deep Sleep": With all the stress of our demanding lives, anyone of us can reach a point where we have difficulty falling asleep at night. When that occurs, we can fall into a pattern of sleeplessness that becomes habitual leaving us restless at night and exhausted during the day. If you could just relax the mind enough to let go of the stress and fall asleep, you could break the pattern of sleeplessness that has been keeping you from getting your much needed rest. "Dr. Waltons Stress Relief and Deep Sleep is designed to do just that. Through professional guidance and clinical hypnosis, this system provides you the necessary components to ease your mind into a deep and restful sleep allowing you to break the pattern of sleeplessness so you may awaken in the morning feeling rested, alert and alive. Fall into a deep and peaceful sleep with this highly acclaimed stress relief and sleep system.

Holding a doctoral degree in Clinical Psychology, a masters degree in Family Therapy, and certification in Clinical Hypnosis, Dr. James E. Walton, Ph.D. has developed an effective sleep system that uses hypnosis to help people transform their lives from the inside out so they may fall asleep, stay asleep and awaken fully rested in the morning. This unique sleep CD incorporates practical instructions and professional insights from a clinical therapist along with the therapeutic power of hypnosis. The hypnosis process

works together with the unconscious mind to create a highly receptive alpha state that works together with the unconscious mind as it eases you into a state of peace and comfort that gently guides you into the deepest, most restful sleep you have ever experienced. Awaken in the morning restored, refreshed, and ready for the day. This extraordinary system does more than help you sleep; it also provides you with exceptionally effective guidance and strategies for getting the most out of your day while reducing stress and tension. It even includes a second hypnosis to help you champion through stressful situations by assisting your unconscious mind in replacing self-defeating feelings of stress, worry, and obsession with feelings of calm empowerment, centeredness, and focus allowing you to truly feel a sense of personal empowerment, motivation, and effectiveness. Let go of worry, let go of stress and let go of negative self-talk. When you're calm and centered, you're more effective with others, you gain respect, and you make better decisions. This system is excellent for those who want to improve their focus and concentration during the day in addition to sleeping better at night. This system works great for relaxing or falling asleep on planes. It's also helpful for falling asleep in hotels or other locations that can cause sleep difficulties when away from home. If this motivational system is for you, then get ready to transform your sleep with an amazingly effective treatment that has helped thousands of others transform themselves from the inside out to regain a restful night's sleep night after night. Get Ready for A Better Night's Sleep! Discover The Secret For Faster, More Effective Deeper Sleep Stress Relief! "No more laying in bed desperately trying to fall asleep!" "Fall asleep quickly deeply without drugs!" "Wake up feeling rested rejuvenated!" "Gain more control over the stress in your life!" "Achieve Higher productivity levels at home and work!" "Enjoy Increased energy and a better outlook on life!" A growing number of people are finding themselves caught in the grip of sleepless nights, desperate for relief, but unable to achieve it. This struggle is one of the most misunderstood and deeply problematic issues in a person's life. But the good news is YOU CAN FIND RELIEF. Stress and lack of sleep can have an unbelievably negative effect on you causing damage to your health and your relationships. There is, however, a simple and effective way to de-stress and ensure you get a restful night's sleep. This 70-minute therapy program is packed with useful, practical and safe information to help you achieve a more relaxed response to the pressures of the world and experience a deep and restful sleep at night. * Gain immediate help from a prominent LA doctor. * Discover how to separate facts from feelings... a common mistake most people make that leads to more stress in their lives. * Learn to ask for what you need and want to reduce anxiety. * Unlock 88 of

your thought capacity that can be used to alleviate stress. * Discover the power of subconscious mind - a key factor in de-stressing and inducing deep sleep. * Teach yourself to create "triggers" that immediately bring you peace, centeredness, stress relief, and uninterrupted deep sleep... all by just rubbing your fingers together. * Receive helpful tips for things you can do anytime to reduce or eliminate stress and create an environment geared for restful sleep. * Get 2 actual hypnosis sessions right on the CD. One for stress relief and the other for falling asleep quickly. * Discover a natural, safe, drug-free, highly effective way to alleviate stress and get a better night's sleep. Dr. James Walton's self-help series is gaining rave reviews. His techniques, his strategies, his style, and his soothing voice combine to offer you the same outcome you would get from a personal appointment with Dr. Walton. When you order your copy of Dr. Walton's Stress Relief Deep Sleep you can benefit from his skill and expertise anytime you choose. It's all accomplished through the simple and safe process of self-hypnosis. After just a few minutes of following Dr. Walton through the self-hypnosis session, you can de-stress and relax by simply rubbing your fingers together. This powerful tool can work for you anytime, anyplace, without anyone knowing what you're doing. Over the past two decades, thousands of people have sought Dr. Walton's assistance for better sleep and stress relief. Through "Dr. Walton's Stress Relief Deep Sleep," his treatment for overcoming sleeplessness is now available to many more people nationwide at a fraction of the cost of an office visit. Here is what Dr. Walton has to say about the "Dr. Walton's Stress Relief Deep Sleep". "It is thrilling to hear people's reactions and learn about the results they are realizing through the unique alpha state experience created on this program," Says creator Dr. James E. Walton. One listener remarked that, 'After listening once, I got the best sleep of my life.' which is exactly the type of experience I intend for every user. The real test is for people to listen, relax and experience a deep and restful sleep. As a licensed Family Therapist with a doctorate in Clinical Psychology who has been using hypnosis in my practice for over 17 years, I have borrowed from the fields of both psychology and hypnosis to achieve an effective program for helping people experience a better night's sleep in addition to improving their concentration and focus during the day. Experience has shown me that when people have a cognitive understanding of their sleep and stress issues from a psychological perspective in combination with the immediate effectiveness of hypnosis it has a synergistic effect that can assist them in achieving a better night's sleep more quickly and effectively than by psychotherapy or hypnosis alone. My listeners get the cognitive tools they need to improve their sleep along with the immediate benefits of hypnosis resulting in

a system for faster, more effective and more satisfying results." There's no need to struggle through stress-filled days and sleepless nights of tossing and turning. Order "Dr. Walton's Stress Relief Deep Sleep" now and unlock the calm within you to get a good night's sleep. This stress relief and deep sleep system makes a GREAT gift! Order Online NOW!

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