

Be More Confident

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Description: Are you confident enough to say that you are confident? If not then you need to improve your confidence level. We need self-confidence in everything we do. If you want to improve your life then you will need to build and increase your level of confidence. If you think for some moments then you will realize that almost in every areas of your life you need sufficient level of self-confidence. This audio will take your brain to a receptive state where your mind can accept the incoming suggestions more easily. In this state of mind the affirmations within this audio will be able to program your mind more easily to increase your self-confidence. For best results you should listen to this audio everyday for at least 20 30 days. This will ensure to bring permanent changes in your motivation level. Length of Audio: 20 Minutes
Types of Entrainment Sounds: Isochronic Beat Background Sounds/Environment: Human Voice , Ambient Music and Sound of water Requirement: You must hear this audio with stereo headphones
Frequency Level: Beta & Theta Best Time To Hear: When you are awake and can hear the audio completely. Since this is kind of mental programming so you can hear this after you are awake in morning or before you go to bed at night. For best results you will need to hear it from starting to beginning. That is why choose your time keeping that in mind. Eyes Closed or Open?: For best results your eyes should be closed Position during listening this audio: You should listen to this audio lying on a bed or by sitting on a chair by keeping your back straight

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