



# **Get Over a Break Up, Mend a Broken Heart and Move on: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations - Jupiter Productions**

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This *Get Over a Break Up* sleep learning program was designed to assist the listener in releasing relationship baggage; managing feelings in a productive, healthy way; gaining self confidence; attracting healthier relationships; and creating a positive sense of focus for moving on.

Some say that we are the sum total of what we surround ourselves with. For example:

- What we choose to watch on television
- What we listen to on the radio
- Who we choose to surround ourselves with
- Even the thoughts we think

All of the above affect our overall perceptions and thought patterns. Just like the foods that we eat create our bodies over time, our thoughts shape who we are.

Sleep learning can benefit a listener in powerful ways. The mind stays active even while we are sleeping. For example a mother may sleep soundly through thunderstorms and barking dogs, yet the sound of her baby stirring in the next room will often instantly awaken her. Why not use this time while to realize your potential?

In addition to therapeutic hypnotic techniques and meditative affirmations, this program is further enhanced by the use of brainwave entrainment such as solfeggio tones, isochronic tones, bilateral stimulation, and white noise. Listening at a very low volume while drifting off to sleep is ideal and won't diminish your results.

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Playing with family in a very park, coming to see the sea world or hanging out with friends is thing that usually you have done when you have spare time, subsequently why you don't try factor that really opposite from that. A single activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Get Over a Break Up, Mend a Broken Heart and Move on: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations - Jupiter Productions, you are able to enjoy both. It is very good combination right, you still would like to miss it? What kind of hang-out type is it? Oh come on its mind hangout people. What? Still don't understand it, oh come on its named reading friends.

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