

Depression Self Hypnosis Mp3 Download Sound Therapy Aid

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This collection contains the following products: DEPRESSION SUFFERING ANXIETY SYMPTOMS HELP HEALING CURE SELF HEALING MP3 BINAURAL BEATS DEPRESSION ANXIETY HELP Each session is designed using the latest methods of delivering effective MP3 brainwave entrainment to you. Depression can be caused by many different factors. Circumstance, environment, diet, memory. It is an extremely complex and difficult condition to live with, not only for the sufferer but for those around them! The illness ranges from being a slight melancholy or anxious condition to being totally disabling and destructive. There are many good articles written of the subject and many opinions of how to treat the illness. It is agreed, however, that there are certain factors that can relieve the condition such as diet & exercise. This is because both of these things release chemicals which activate neurotransmitters in your brain and lift your mood - feel good chemicals! One of the things Brainwave Entrainment can do for you is to achieve the same results as these 'feel good' chemicals by guiding your brainwaves toward a balanced and healthful 'state of mind'. SESSION 1: This session is related to research that discovered depressed individuals often lacked adequate activity in the left hemisphere of the brain. The entrainment session corrects this condition by reducing activity in the right hemisphere and increasing activity in the left hemisphere. This should result in a better control of emotions and more rational thought patterns SESSION 2: This session works as above but has added affirmations relating to security, self appreciation and the ridding of negative emotion. These begin once the session reaches the stage of entrainment where your mind will more effectively absorb the affirmations - much like hypnosis! For optimum results combine with a mood lifting diet & supplements - Guides and further information available in our Library. Sessions should be used daily until improvement is felt, then whenever required. Simply plug in your headphones after downloading onto your Ipod, mp3 player or computer and listen to the amazing sounds. If you have never listened to binaural beats or brainwave therapy before - you are in for a treat!

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