

# Mp3 Stuart Maccormack - Deep Relaxing Sleep - Neuro-linguistic Programming (nlp)

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This programme uses hypnotherapy and relaxation techniques together with Neuro-Linguistic Programming techniques to help you unwind and re-programme your mind so that you can eliminate any unhealthy worry in your life, leaving you de-stressed and with a c 3 MP3 Songs in this album (38:31) !

Related styles: SPOKEN WORD: Audiobook, SPOKEN WORD: Inspirational People who are interested in Paul McKenna should consider this download. Details: Stuart MacCormack is a fully qualified practitioner in Neuro-Linguistic Programming, Time Line Therapy and Hypnotherapy. He is an accredited member of three of the most predominant international organisations namely The American Board of Neuro-Linguistic Programming, The American Board of Hypnotherapy and Time Line Therapy Association and is a member of the Association of Neuro-Linguistic Programming. This programme uses hypnotherapy and relaxation techniques together with Neuro-Linguistic Programming (NLP) techniques to help you unwind and re-programme your mind so that you can eliminate any unhealthy worry in your life, leaving you de-stressed and with a calm sense of peace. Use this programme to feel more relaxed, as a power nap during the day or simply to help you get off to sleep. Benefits: \* Get off to sleep quickly and effortlessly \* Enjoy a deep relaxing sleep \* Recharge your batteries \* Awaken refreshed, relaxed and invigorated. Customer Testimonials: I wanted to tell you how impressed I am with the downloads. The Deep Relaxing Sleep and the Reduce Stress Anxiety are absolutely excellent. They are very professional and I find it virtually impossible to stay awake to hear them all the way through. I am aware of the different techniques and it is nice to have the two alternatives to use to relax. I have listened to loads of different mediation and relaxation programmes. If the other CD's are as good as these three I believe you are every bit as good as Paul McKenna. Mrs Hicklin I just wanted to say that Ive had problems with stress induced insomnia for many years and Deep Relaxing Sleep has helped tremendously. As a result I have recommended this to my son who now has one for himself! Mrs J B

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