

Mp3 Calmistry By Optimal Health Potentials Ltd - Sleep Program

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The soothing and relaxing Calmistry Sleep program will help you reorient your mind and body to be able to fall asleep easily, sleep deeply through the night and awaken in the morning refreshed and ready for your day. 5 MP3 Songs in this album (44:07) ! Related styles: SPOKEN WORD: Instructional, SPOKEN WORD: Inspirational Details: Sleep may be the most important thing we do, besides breathing. Most of us could go longer without eating than we could without sleep. The Calmistry Sleep program was designed to help you reorient your mind and body to be able to fall asleep easily, sleep deeply through the night and awaken in the morning refreshed and ready for your day. The Calmistry Affirmation program included with this CD was specially designed to assist you in changing your thinking about sleep, so you can understand that a good nights sleep is as natural as breathing. Most of the sleep difficulties people have are not due to any disorder or dysfunction; rather, they are due more to overactive minds poring over thoughts relating to the prior day or past or future concerns. The fact is, any loss of sleep youre experiencing as a result of these thoughts will in no way alter the situation other than to interfere with your getting a good nights sleep, thus possibly making the situation worse. (Sleep) is the golden chain that ties health and our bodies together. - Thomas Dekker Many people view sleep as a waste of time. They would rather use the time for other things. But its important to understand that sleep is restorative. Its the time when your mind and body are involved with building and repair. We may not all have the same sleep needs in terms of length of time, but we all need some deep sleep. Adopt the practical suggestions found in the text accompanying the CD. When you have adopted as many of these helpful tips as you feel comfortable with, its time to add the finishing touch. When preparations have been made to go to bed, just place the Calmistry Sleep disc in your CD player, push the play button and settle in for the best nights sleep you can imagine! A good laugh and a long sleep are the best cures in the doctors book. - Irish Proverb

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