

Mp3 Bonnie Groessl - Restful Sleep- Guided Meditation For Self-hypnosis

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This soothing, comfortably paced message for the mind features the soft, understandable voice of a holistic practitioner who will help you harness the power of your subconscious mind. 2 MP3 Songs in this album (26:02) ! Related styles: SPOKEN WORD: Instructional, SPOKEN WORD: Educational Details: Bonnie Groessl, MSN, is a board-certified nurse practitioner in private practice. She owns The Bridge to Health, an integrative healing center in Green Bay, Wisconsin. Bonnie recognized as an expert in helping people make the changes they desire to achieve their goals. Some of the methods she uses involve leveraging the power of the subconscious mind.

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