

Mp3 Roberta Shapiro - Sleep Solutions

[DOWNLOAD HERE](#)

Give yourself and your loved ones the gift of sleep. This calming relaxation CD works like magic to help anyone fall quickly and deeply asleep. 4 MP3 Songs NEW AGE: Relaxation, SPOKEN WORD: With Music Details: This is a wonderful hypnosis and meditation CD which can be used for sleep problems, problems with anxiety or soothing, peaceful relaxation for helping manage stress. It has received rave reviews from those who have listened to it. "What a fabulous sleeping aid by a skilled professional with a wonderful, soothing voice. It trains the mind to the wonderful benefits of meditation and hypnosis and is safer and more effective than any pill." Dr. Carol Weingrod, Diplomate, American College of Psychiatry and Neurology. "What a wonderful alternative to addictive medications. I loved it. The tranquility of Roberta's soothing voice is extremely relaxing-far better than any sleeping pill." Dr. Nooria Rahmanie, M.D, Obstetrics and Gynecology. Im never without my Sleep Solutions Program. I take it with me everywhere. Im guaranteed a restful nights sleep even in a strange bed (its magic on the plane too). Now, when Im in need of a calm quite place all I have to do is slip those headphones on and ahhhits detoxification for the mind. Michelle Simon RD LD, Registered Dietician. Several techniques are provided, including meditation and hypnosis, which have been found to be highly effective with sleep problems and sleep management. There are three separate programs-one longer, and two shorter programs, depending on which suits your preference. Many choose the longer program for deep sleep and the shorter for return to sleep as well as subliminal relaxation messages Roberta Shapiro is a renowned psychotherapist in private practice in Florida as well as a member of the American Society of Clinical Hypnosis, The National Board of Certified Clinical Hypnotherapists, the American Psychotherapy and Medical Hypnosis Association and the 2003 Marquis Edition of Who's Who in American Women. She is the author of Birth Pains. Searches:Sleep Solutions (The Calming Collection) mp3 paypal sleep solutions download

[DOWNLOAD HERE](#)

Similar manuals:

[5 New Age Relaxation Audios MRR](#)

[New Age Relaxation - Royalty Free Music](#)