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A complete hypnosis session that not only relaxes you while you listen, but teaches you how to become a more relaxed, calm, and confident person in every way, allowing you to manage the stress in your life. Brainwave entrainment (hidden in a soothing background sound of falling rain) guides you into a receptive state, while a hypnotist's voice delivers beneficial suggestions for positive imagery, learning how to trigger relaxation at will, and redefining your attitude towards stress-inducing situations. Listen to this session in a quiet, comfortable place at least once a day for the first 21 days, and then as often as you like after that. Listen with headphones for maximum effectiveness. This session can be used with AudioStrobe-compatible light-and-sound devices for added optical stimulation. Approximately half an hour long. Do not listen to brainwave entrainment while driving or operating machinery. Brainwave entrainment should not be used by pregnant women or people who are prone to seizures. Go to moodstreamsfor more soundtracks and samples.

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