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# Brain Boost Bundle: Memory, Focus, IQ, Hypnosis, Meditation And Subliminal - The Sleep Learning System



## Synopsis

You can learn faster and easier, naturally increase your focus and boost your memory, and increase your IQ, all while sleeping! Hypnosis and guided meditation can help you learn and retain new information easier, and it's all here in this Sleep Learning System collection from world-renowned hypnotherapist, Rachael Meddows. The Sleep Learning System is specially designed to work with your subconscious mind during your sleep cycle. The guided meditation and soothing background music will deeply relax your body and mind for the perfect night's sleep, while helping you control anxiety, increase your focus, and get the most out of your powerful mind. Program 1 - Super Speed Learning Become a faster learner, retain information easier, and increase your focus when studying and learning. Program 2 - Improving Your Memory Train your mind to remember images and facts clearly and vividly. Your mind is very powerful, and you can naturally improve your memory today. Program 3 - Focus and Concentration Naturally improve your focus and concentration and quiet the buzz of the day. Program 4 - Brainwave Accelerator Boost your brainwaves and accelerate your mind. Use the most of your brain power with this amazing program. Rachael Meddows' guided meditation system gives you positive suggestions that will help you quiet your mind and melt away stress, leaving your body deeply relaxed for a great night's sleep. These programs work during your REM stage of sleep, working with your subconscious to make lasting changes in the way you learn. You can make learning new information faster and easier...why wait? It's all here with The Sleep Learning System!

## Book Information

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