

This Peak Athletic Performance guided self-hypnosis program was designed to assist the listener in gaining athletic confidence, getting into the zone, gaining motivation to train, and increasing mental edge in competitive situations. The hypnosis induction features isochronic tones which are a form of brainwave entrainment to help achieve deeper relaxation. Also included within this program is an extended affirmations track, a meditation track (partly guided, with ancient Solfeggio frequencies), and as an extra bonus, an exciting and powerful drum journey, bodywork track. Using an alternate induction, hypnotic drum beats, and posthypnotic suggestions related to peak athletic performance, this drum journey is designed to get the listener out of their brain and back into their body. Many find this useful for releasing energy blocks, healing and integrating the mind, body, and spirit. Written and narrated by Anna Thompson, MA, MHP, LMHC, Advanced Clinical Hypnotherapist. Life is short, live it well.

Grenzüberschreitende Betriebsverfassung in Europa: Der Europäische Betriebsrat (Europäische Hochschulschriften / European University Studies / Publications Universitaires Europeennes) (German Edition), Color Meditation: Align Your Chakras, One Day We Had To Run, Trd, Modern Warfare: NATO's War Amongst the People in Kosovo, Juice Fasting For Weight Loss: 3-Day Detox Plan For Rapid Weight Loss, Increased Metabolism, Intense Detoxification And Mega Energy Bursts, Acts & Matthew: A Bible Study With Someone Like You, Kingfisher Illustrated Encyclopedia of Animals, The Metropolitan Museum of Art: Masterpiece Paintings, Selecting Effective Treatments: A Comprehensive, Systematic Guide to Treating Mental Disorders, The Entrepreneurial Moms Guide to Growing a Business, Raising a Family, and Creating a Life You Love,

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