



Knee Pain: Pain Management and Natural Relief with Hypnosis, Meditation, and Affirmations (The Sleep Learning System)

Joel Thielke

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Whether it's a sports injury, arthritis, or healing after surgery, you can create natural pain relief with the need for meditation with this guided meditation and relaxation program from certified hypnotherapist, Joel Thielke. It's time to bring soothing relief to your body today!

The following program is in a script format that can be used in several ways. You may use it as a resource or reference. This is also a helpful tool for if you're interested in recording a hypnosis session for personal use only. You can tailor the script as you go based on what works for you personally.

Sleep learning takes place when your mind is at rest and the subconscious is open to positive suggestions. It's an easy way of both learning and breaking bad habits while you sleep through the night.

It's time to create your own pain relief and take pain management into your own hands with The Sleep Learning System!

Reviews for The Sleep Learning System:

“I give you 5 stars. It's relaxing and helps me sleep all night, and I'm way more motivated when I wake up.”
– Ryan H., New York

“Great stuff, I'll definitely buy more of these, I slept like a baby...” – Harris B., Joplin, Missouri

“Sooooo relaxing! I felt so great when I woke up after this program, thank you.” – Hannah G., Portland, Oregon

“I just wanted to say that I lost 20 lbs with this program...it really works and I can't thank you guys enough. I wasn't sure how much change could happen while I was sleeping but it really did change my life.” – Sandra K., Los Angeles, CA

“AMAZING. Soothing and easy.” – Mike J., Atlanta, GA



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From reader reviews:

Wendy Brame:

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Nancy Hartsell:

Exactly why? Because this Knee Pain: Pain Management and Natural Relief with Hypnosis, Meditation, and Affirmations (The Sleep Learning System) is an unordinary book that the inside of the reserve waiting for you to snap the item but latter it will distress you with the secret the idea inside. Reading this book next to it was fantastic author who else write the book in such awesome way makes the content inside easier to understand, entertaining approach but still convey the meaning totally. So , it is good for you for not hesitating having this ever again or you going to regret it. This unique book will give you a lot of advantages than the other book have such as help improving your ability and your critical thinking technique. So , still want to postpone having that book? If I have been you I will go to the book store hurriedly.

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John Sherman:

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