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Patient Parenting: Hypnosis & Meditation

Erick Brown

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Do you wish you had more patience with your kids? Do you get upset easily or get irritated around your children? Losing your patience doesn't mean you're a bad parent; it's easy for parents to get stressed out with their children. But now you can control your emotions and create more patience and inner peace with this hypnosis program from Erick Brown.

Patient Parenting: Hypnosis & Meditation will help you create a more positive, peaceful mindset that will help you relax and be more patient with your kids. Powerful suggestions for deep relaxation and positive change will be received by your subconscious, removing stress and tension, deeply relaxing the body and mind, and helping you obtain a new level of patience and inner peace.

Patient Parenting: Hypnosis & Meditation includes an instructional track and three hypnosis tracks for you to choose from:

- One containing a beach induction that will lull you into a deep state of relaxation with the soothing sounds of waves hitting the shore, allowing you to let go of any mental inhibitions and be completely open to positive change.
- One containing a staircase induction that will walk you down a mental stairway into a deeply relaxed state that ends with you in a peaceful, safe place where you can feel comfortable enough to completely open up to these hypnotic suggestions.
- One containing a speed induction that will quickly take you into a deeply relaxed state. Use this track if you are already familiar with the relaxation process and would like to quickly move into deep relaxation.

In addition to the hypnosis tracks, we have included a bonus track. This soothing bonus track can be used with your hypnosis program or on its own for a deep, restful sleep. Binaural beats and solfeggio tones relax your brainwaves and body, melting away tension and stress.

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Zola Campbell:

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Helen Chandler:

Reading can called head hangout, why? Because when you find yourself reading a book particularly book entitled Patient Parenting: Hypnosis & Meditation your mind will drift away trough every dimension, wandering in most aspect that maybe unknown for but surely might be your mind friends. Imaging each word written in a guide then become one web form conclusion and explanation in which maybe you never get ahead of. The Patient Parenting: Hypnosis & Meditation giving you yet another experience more than blown away your brain but also giving you useful facts for your better life in this era. So now let us demonstrate the relaxing pattern at this point is your body and mind are going to be pleased when you are finished reading it, like winning a casino game. Do you want to try this extraordinary wasting spare time activity?

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