

# Depression & Anxiety Help

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## Synopsis

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readByi¼š	Rachael Meddows
inLanguagei¼š	english

Do you struggle with depression? Are you already getting help, but want something a little more? With the help of Motivational Hypnotherapy and world-renowned hypnotherapist Rachael Meddows, you can build your self-worth and self-esteem, create healing energy, and learn how to overcome depression and anxiety.

We recommend listening to this hypnosis program for 21 days in a row, then as needed. Feel free to listen during the day or at night when you're falling asleep...change will happen either way!

## Reader's comments

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comment 1:

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