

Self-Control, Impulse Control with Hypnosis and Med

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Synopsis

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Have a hard time saying "no" to yourself? Ready to practice a little impulse control and feel more accomplished? Today is the day you'll find it easier to exercise self-control with this new guided meditation program from The Sleep Learning System and world-renowned hypnotherapist Rachael Meddows.

Powerful benefits while you sleep include:

- Breaking bad habits
- Less anxiety
- The ability to control your impulses, whether it's shopping, smoking, overeating, etc.

Just turn on the tracks, relax, and let your subconscious mind do the work for you.

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 allowing you to access the deepest parts of your mind.

And now Sleep Learning is better than ever, thanks to the soothing voice of Rachael Meddows. With this audiobook, you'll learn how to control your impulses and start making positive choices.

This guided mediation 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. While you're sleeping, the program will help remove those old habits and help you think before you act.

The special inductions will gently guide you into your REM stage of sleep, working with your subconscious to make lasting change that you can see.

This Sleep Learning System album comes with two extended tracks that include the "Sleep Induction" and "Garden Induction" and two relaxing music tracks.

Reader's comments

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