

Weather the Storm

author: Tobey Hoffman

2026-07

Synopsis

author	Tobey Hoffman
readBy	Jason Kappus
inLanguage	english

Life is filled with obstacles, but that doesn't mean you can't still love your life. Even with a whirlwind of challenges, it is still possible to see through the fog and realize it doesn't continue forever. This hypnotic meditation is designed to ingrain the idea that hard times are temporary and you really can weather any storm.

This nine minute meditation can help you:

- Increase your resilience
- Overcome any obstacle
- Manage stress better

This audiobook includes:

Day version: This quick version is great for daytime use when you are able to relax and close your eyes. It can be used bright and early at the start of your day, or during your off time.

Night version: This hypnosis meditation is designed to be used during sleep. It starts with the hypnosis and gradually becomes a subliminal message - bypassing your conscious and directly reaching your subconscious wiring. Listen to this version on a low volume.

It is recommended to listen to either the day or night version for at least three weeks or whenever you feel it would be beneficial for you. Use this meditation to overcome any personal obstacles and build resilience against life's struggles.

Reader's comments

comment 1:

â€"â€" ()