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Deep Sleep with Medical Self-Hypnosis

Steven Gurgevich

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Deep Sleep with Medical Self-Hypnosis Steven Gurgevich
You counted sheep and drank warm milk-but you're still awake. Now what? On Deep Sleep with Medical Self-Hypnosis, Dr. Steven Gurgevich offers you an alternative solution: clinically proven mind-body techniques. This easy-to-use program will help you achieve a good night's sleep and wake up feeling alert, alive, and refreshed. With five guided trancework sessions, you will explore: --How to sink into slumber effortlessly with "Easy Sleep"--a simple induction that's as effective as a sleeping pill. --How to tap into the power of your imagination andsubconscious mind to awaken with new solutions using "Creative Sleep" and the "Museum of Infinite Ideas". --"Healing Sleep" to call upon your body's inner wisdom for wellness. If you're tired of sleepless nights and groggy days, you're not alone. Now with Deep Sleep with Medical Self-Hypnosis, you can enjoy the fast track to restorative sleep through the power of your mind-body connection. Gurgevich, PhD. WARNING: Possible side effects of practicing the self-hypnosis techniques in this program include restful sleep, increased energy, and improved mental clarity.

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