



# **Manifest Opportunities for Success and Happiness, Be Proactive with Hypnosis, Meditation, Relaxation, and Affirmations (The Sleep Learning System)**

*Joel Thielke*

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Create your own opportunities for success and be proactive in achieving your goals and dreams with this guided meditation and relaxation program, from certified hypnotherapist, Joel Thielke.

The following program is in a script format that can be used in several ways. You may use it as a resource or reference. This is also a helpful tool for if you're interested in recording a hypnosis session for personal use only. You can tailor the script as you go based on what works for you personally.

Sleep learning takes place when your mind is at rest and the subconscious is open to positive suggestions. It's an easy way of both learning and breaking bad habits while you sleep through the night.

Create your own opportunities for success today with The Sleep Learning System!

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### Reviews for The Sleep Learning System:

"I'm way more focused now that I've been using this, I'm on day 7 and I feel really motivated, thank you..."  
– Shelly M., Neosho, WI

"I give you 5 stars. It's relaxing and helps me sleep all night, and I'm way more motivated when I wake up."  
– Ryan H., New York

"Soooo relaxing! I felt so great when I woke up after this program, thank you." – Hannah G., Portland, Oregon

"I just wanted to say that I lost 20 lbs with this program...it really works and I can't thank you guys enough. I wasn't sure how much change could happen while I was sleeping but it really did change my life." – Sandra K., Los Angeles, CA

"AMAZING. Soothing and easy." – Mike J., Atlanta, GA

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### **From reader reviews:**

#### **Theresa Wilkins:**

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#### **Larry Parker:**

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**Paul Breen:**

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