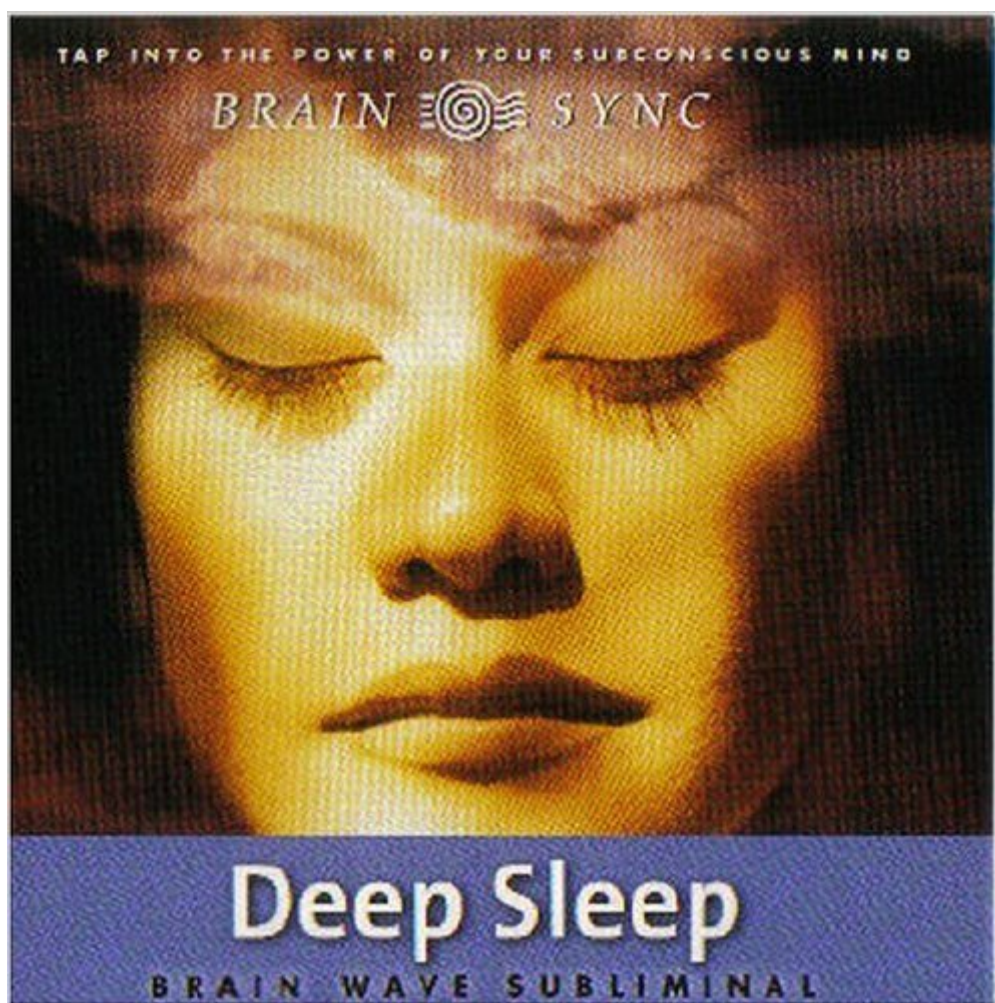


The book was found

Deep Sleep: Brain Wave Subliminal (Brain Sync Series) (Brain Sync Audios)



Synopsis

Experience peace & tranquility Slow down mental activity Retrain your brain to sleep better Rest and sleep more deeply Slip on your headphones, close your eyes and turn out the lights. Within minutes you ll feel like your brain is being massaged. Soothing Delta frequencies, associated with deep restorative sleep, and subliminal messages are masterfully woven into gentle music. As your brain cells resonate with Delta waves, you start to slowly swirl and drift. Pestering concerns are washed away, allowing you to fall into deep sleep states that bring the refreshing slumber your body and mind need for optimum performance.

Book Information

Series: Brain Sync Audios

Audio CD

Publisher: Brain Sync (October 1, 2005)

Language: English

ISBN-10: 1881451836

ISBN-13: 978-1881451839

Product Dimensions: 4.7 x 0.4 x 6.5 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 starsÂ Â See all reviewsÂ (27 customer reviews)

Best Sellers Rank: #587,954 in Books (See Top 100 in Books) #75 inÂ Books > Books on CD >

Health, Mind & Body > Fitness #187 inÂ Books > Books on CD > Health, Mind & Body >

Meditation #197 inÂ Books > Books on CD > Health, Mind & Body > Relaxation & Meditation

Customer Reviews

I really got into hypnosis and subliminal suggestions when I was much younger (high school and early college). Those old cassette tapes truly helped my to relax before tests/exams and I am sure that my grades improved a bit because of them.After college, I stopped using them. I was too busy working as a stock broker and I got involved in using ephedrine. At the time, ephedrine was a legal otc pill that you could buy from the back of magazines. Basically, it was form of legalized speed.This is not something that I am proud of myself for, especially since I became addicted to those little pills.I ended up in the hospital and went through withdrawal (terrible feeling). Since then, Congress has made it illegal to sell ephedrine on the open market because it used to be a major component in crystal meth! I didn't know that at the time.Anyhow, I needed to re-learn how to relax on my own, so, I went back to these subliminal cds. I've tried a few and many are interesting, but this one has really

done the trick for me. I've really been feeling great lately and my doctor could see it too. He asked if the sleeping pills that he prescribed me were alright with my stomach. I told him that I no longer take them and I just listen to certain CDs (this is one of them of course). He asked if I could make a copy for him. I did. And he is now in the process of offering this to some other patients. If you're in doubt, just try it. If it's not for you, send it back to the shipper. I am sure you will like it. A couple of points though--it is recommended that you use headphones. I don't always, but it is the best way of getting the fullest result. Also, Do NOT use this cd in your car!

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