



Super Speed Learning: Self-Hypnosis and Meditation

Erick Brown

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Do you wish you learn and retain new information easily? Have you tried other ways to boost your IQ and learning skills, but can't find an approach that works? Now you can maximize your brainpower and learn with super speed with this hypnosis program from Erick Brown.

Super Speed Learning will help you focus on and remember facts and figures, and give you the tools you need access and use the deepest parts of your mind for learning. Powerful suggestions for deep relaxation and positive change will be received by your mind, increasing your focus, concentration, and attention to detail, and opening your mind to receiving new information faster and more easily.

Super Speed Learning includes an instructional track and three hypnosis tracks for you to choose from: One containing a beach induction that will lull you into a deep state of relaxation with the soothing sounds of waves hitting the shore, allowing you to let go of any mental inhibitions and be completely open to positive change.

This audiobook contains three hypnosis tracks: One containing a staircase induction that will walk you down a mental stairway into a deeply relaxed state that ends with you in a peaceful, safe place where you can feel comfortable enough to completely open up to these hypnotic suggestions. One containing a speed induction that will quickly take you into a deeply relaxed state. Use this track if you are already familiar with the relaxation process and would like to quickly move into deep relaxation.

In addition to the hypnosis tracks, we have included a bonus track. This soothing bonus track can be used with your hypnosis program or on its own for a deep, restful sleep. Binaural beats and solfeggio tones relax your brainwaves and body, melting away tension and stress.

Also included on this audio book are five subliminal chapters. These subliminal chapters are designed to be listened to at anytime, day or night. Do not listen to them while operating a moving vehicle.

Don't wait another day to become a super learner. Your brain is an unbelievably powerful tool, and you can use it to its fullest today!

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