



# No More Excuses, Get It Done with Hypnosis and Meditation: The Sleep Lab with Amy Applebaum

*Amy Applebaum*

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## No More Excuses, Get It Done with Hypnosis and Meditation: The Sleep Lab with Amy Applebaum Amy Applebaum

Take action, stop procrastinating, and get it done! Stop making excuses and accomplish more with the help of guided meditation...all while you sleep!

Amy Applebaum is proud to present her Sleep Lab collection, programs designed to use while you sleep. As a world-renowned life coach and hypnotherapist, Amy can help you stop those limiting beliefs in their tracks, and help you get motivated to follow through, stop making excuses and putting things off, and make success happen.

Powerful benefits include:

- More motivation and natural energy
- Increased focus and concentration
- Stop the urge to procrastinate and put things off
- Deep and calming relaxation for your body and mind
- Deep, rejuvenating sleep through the night

Amy is a life and business coach, author, speaker, and hypnotherapist, whose success has led to high-profile appearances on such television outlets as ABC News, CNN, TLC, Dr. Drew's *Lifechangers* and Martha Stewart, to name a few. She also serves as an expert to publications including the *New York Times*, the *International Herald Tribune*, *Cosmopolitan*, *Shape*, *Figure* magazine, and *Woman's World*.

And now, Amy has taken her knowledge of personal and business success, and created this Sleep Lab program to help you make lasting, positive changes while you sleep.

Simply turn on the tracks when you're ready for bed, and let your subconscious do the work for you. This program includes the following soothing tracks:

1. No More Excuses, Get It Done - Relaxation Sleep Induction
2. No More Excuses, Get It Done - Seashore Sleep Induction

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A lot of people always spent their particular free time to vacation or go to the outside with them household or their friend. Did you know? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity honestly, that is look different you can read a book. It is really fun to suit your needs. If you enjoy the book which you read you can spent 24 hours a day to reading a e-book. The book No More Excuses, Get It Done with Hypnosis and Meditation: The Sleep Lab with Amy Applebaum it is quite good to read. There are a lot of folks that recommended this book. These were enjoying reading this book. In case you did not have enough space bringing this book you can buy often the e-book. You can m0ore easily to read this book from your smart phone. The price is not too costly but this book has high quality.

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