

Download Getting Over A Break Up Guided Self Hypnosis Move On

This Getting over a Breakup guided self-hypnosis program was designed to assist the listener in gaining closure, releasing unhelpful emotional ties, releasing unhelpful relationship patterns, and gaining confidence for the future. The hypnosis induction features isochronic tones which are a form of brainwave entrainment to help achieve deeper relaxation. New York Times best-selling author Kate Anderson brings you her latest book to help those suffering the pain of a separation. Getting Over a Breakup contains 75 easy to follow steps, broken into three sections, to help you get over the pain and anguish of a breakup and to move on with your life. Getting Over a Breakup contains 75 easy to follow steps, broken into three sections, to help you get over the pain and anguish of a breakup and to move on with your life. 5 out of 5 stars Getting over it. Getting Over A Break Up Guided Self Hypnosis: Move On & Mend A Broken Heart, Closure for Relationships With Affirmations - Anna Thompson (English Edition) eBook: Anna Thompson: Amazon.com.br: Loja Kindle, Getting Over A Break Up Guided Self Hypnosis Move On.

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