



Codependent No More, Overcome Codependence: Sleep Learning, Guided Self Hypnosis, Meditation, & Affirmations

Jupiter Productions

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This "codependent no more" program was designed to enhance the listener's ability to release codependent tendencies, release the victim mentality, gain a more powerful sense of self through personal responsibility, gain more moderate thinking, and to assist in gaining healthy boundaries. Please note, the author advises that this program should be used in conjunction with care from a qualified mental health provider.

Some say that we are the sum total of what we surround ourselves with. For example, what we choose to watch on television, listen to on the radio, surround ourselves with, and even the thoughts we think all have an effect on our overall perceptions and thought patterns. Just like the foods that we eat, over time, create our bodies, our thoughts shape who we are. And they ultimately shape the types of situations we manifest in our lives.

Sleep-learning can benefit a listener in powerful ways. The mind stays active, even while we are sleeping. For example, a mother may sleep soundly through thunderstorms and barking dogs, yet the sounds of her baby stirring in the next room will often wake her instantly. Why not use this time (while you are asleep) to realize your potential?

In addition to therapeutic hypnotic techniques and meditative affirmations, this program is further enhanced by the use of brainwave entrainment such as solfeggio tones, isochronic tones, bilateral stimulation, and white noise. Listening at a very low volume is ideal, and won't diminish your results.

Narrated by Anna Thompson, MA, MHP, LMHC, advanced clinical hypnotherapist. Accomplish your goals and create the life you've always wanted starting today.

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Brandon Adams:

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Mark McKinney:

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