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Autore	Miller Emmett
Titolo	Goodbye insomnia : A deep, restful night's sleep through guided imagery, self hypnosis, and theta wave stimulation. // Emmett Miller
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ISBN	1-61544-825-X
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Descrizione fisica	1 online resource (1 audio file) : digital
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Altri autori (Persone)	MillerEmmett
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Formato	Audiolibro
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Sommario/riassunto	You can get a deep, restful night's sleep through Guided Imagery, Self Hypnosis, and Theta Wave Stimulation. Guide yourself past insomnia and program your mind while you sleep using the powerful tools of self-hypnosis, meditation, guided imagery, and theta wave synchronization. Deep tones are embedded subliminally within the beautiful music and Dr. Miller's soothing voice sequencing positive images that will guide you to restful slumber.