



Peaceful Moments: v. 1 : Four Power Naps Hypnosis Sessions

Roger Innes Elliott, Mark Tyrrell



Four deep relaxation sessions for refreshing breaks from busy schedules. A short burst of deep hypnotic audio relaxation can do so much to improve your day, you'll...increase your energy levels and motivation, boost your creativity...improve your performance with power naps at work...improve your emotional balance...increase your patience and frustration tolerance...feel more in control...improve your memory and learning...a refreshing breeze through your head...But how does it do all this? You know how it feels when you wake up after a good night's sleep, and almost anything seems possible? Problems have melted away, stress has disappeared, and you feel like you can tackle anything! Deep hypnotic relaxation audio sessions have the same effect. You can take a quarter of an hour out of a busy day and come back feeling refreshed, relaxed, creative and full of energy. How can 15 minutes make so much difference? When you relax deeply, your brain starts to work differently. Rather than the concentration mode, (mostly left brain), you go into imaginative mode (mainly right brain). This is the same as when you sleep at night. Your brain has a natural rhythm that requires about 15 minutes of right-brain activity every 1-1/2 to 2 hours. This happens naturally, unless you are too stressed, have too much to do, or have had too much caffeine! An everyday example of this is when you give up trying to fix something, or stop thinking about something because it's too worrisome. You go away, take a break, and just when you're thinking about something else, POP! The answer pops into your mind. That's unconscious thinking, as described by Guy Claxton in *Hare Brain, Tortoise Mind*.

- [Pavel Florenskij. La prima biografia di un grande genio cristiano del XX secolo](#)
- [Paule Vézelay/Hans Arp : The Enchantments of Purity](#)
- [Patterson - 18 Copy Mixed Floor Display](#)
- [Peachtree : The Road That Shaped Atlanta](#)
- [Peanuts It` the Great Pumpkin Small Recycled Shopper Tote](#)
- [Pavement Evaluation and Rehabilitation](#)
- [Pb Fourways Farm \(10 Books\) Pack 1](#)
- [Paul Frank 18 Oz. Acrylic Travel Cup](#)