



# **IQ Boost: Increase Your Intelligence, Memory & Brain Power: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations**

*Jupiter Productions*

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This "IQ Boost" sleep learning program was designed to assist the listener in gaining positive beliefs and behaviors related to enhanced mental clarity, intelligence, and strategic and organized thinking.

Some say that we are the sum total of what we surround ourselves with. For example, what we choose to watch on television or listen to on the radio, who we choose to surround ourselves with, and even the thoughts we think all have effects 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 ultimately what 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 awaken 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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What is your hobby? Have you heard which question when you got learners? We believe that that concern was given by teacher on their students. Many kinds of hobby, All people has different hobby. And also you know that little person such as reading or as reading through become their hobby. You must know that reading is very important in addition to book as to be the matter. Book is important thing to add you knowledge, except your own personal teacher or lecturer. You get good news or update concerning something by book. Many kinds of books that can you choose to use be your object. One of them is IQ

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