

BEAT INSOMNIA WITH NLP

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**HELP
YOURSELF
TO SLEEP**

Beat Insomnia With Nlp Teach Yourself

Abby Eagle



Beat Insomnia With Nlp Teach Yourself:

Beat Insomnia with NLP Adrian Tannock, 2018-03-15 Insomnia is a problem that seriously affects millions of people But Adrian Tannock has found that by using NLP techniques people can hugely improve their sleeping experience This book is full of practical NLP based guidance which will help everyone from serious sufferers to people who have the occasional problems These NLP techniques combined with the friendly and straightforward approach of Teach Yourself could hold the answer to your sleep problems

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The Self-Motivation Workbook: Teach Yourself Adrian Tannock, 2015-09-10 Understand why you lack motivation and learn how you can change the direction of your life Overcome procrastination and lethargic and negative emotions and focus on what you want to achieve Find the motivation you need to work harder at your job and succeed in your career Use the techniques of motivation to stick to healthy eating and exercise and quit smoking and other bad habits Get started with a new hobby learn a new language or instrument and succeed at sport Do you want to beat procrastination and make positive changes in your life Do you want to improve your performance at work or in your studies or spur yourself on to get a new job Do you want to challenge your negative core beliefs and harness the power of motivation to quit bad habits lose weight and learn new things This new Teach Yourself Workbook doesn't just tell you how to improve your motivation It accompanies you every step of the way with diagnostic tools goal setting charts practical exercises and many more features ideal for people who want a more active style of learning Specially created exercises will help you boost and maintain your motivation to achieve your goals This book includes information on motivation self help procrastination career goals anxiety core beliefs work sports performance study

Flash Adrian Tannock, 2011

Words on Cassette, 1993

Teach Yourself to Sleep Kate Mikhail, 2021-06-10

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How to Put Insomnia to Sleep Abby Eagle,2015-03-01 There is no better way to improve your sleep than to cultivate the attitude of a loving parent with a small child For example when it is time for the child to go to bed the parent says You have had a great day You have played with all your toys you did this and you did that but now it is time to go to sleep Tomorrow is another day but right now it is time to go to sleep Get into bed and make yourself comfortable They then repeat what they just said You have had a great day You have played with all your toys and you did this and you did that Tomorrow is another day but right now it is time to go to sleep Turn over close your eyes and go to sleep now But when the parent gets into bed they lie awake thinking and worrying to all hours of the night If only they took the attitude of a loving parent with themselves they would be off to sleep in no time at all In this package you will learn how to use hypnosis to quieten the mind slow down your energy and gently drift off to sleep This is not a cure for insomnia but if you should wake up in the night then you will be able to use the same procedures to quickly get back to sleep again This package will also help you to deepen your meditation and be generally more relaxed throughout the day You will learn how to Be your own sleep therapist You get the exact words and procedure to put yourself to sleep every night Prepare yourself to fall asleep Gain control of a racing mind and quieten it Learn a number of ways to fall asleep Use self hypnosis to enter states of deep relaxation Get to sleep quickly Quickly get back to sleep if you should wake up in the night Reinduce a drug state For example recreate the experience of having taken a sleeping pill Turn your sleep into deep meditation

The Secret Cure for Insomnia Antoinetta Vogels,2019-02

How To Beat Insomnia and Sleep Problems Kirstie Anderson,2018-08-02 This book will help you to understand your sleep cycle and learn techniques to get back to a better night's sleep Written in a friendly

engaging and jargon free style this self help guide encourages interactive reading through sleep diaries illustrations and worksheets Case studies illustrate the use of the sleep therapy and demonstrate how you can gradually work through your sleep problems The How to Beat series of books has emerged from recent revolutionary healthcare service innovations which have made effective psychological treatments available to more people than ever before The books are designed to allow those who experience common mental health problems to either help themselves to recover or get the best possible benefit out of their contact with health professionals They contain easy to understand treatments drawn from cognitive behavioural therapy CBT which is recommended by the scientific evidence They are written by authors with considerable experience in the field of CBT training research and clinical practice

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