

# Easy Way to Beat Insomnia and Sleep Easy with Hypn

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## Synopsis

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Benjamin Bonetti is one of the world's best-selling hypnotherapists. His unique hypnotic voice sends positive messages to your subconscious so you can accomplish your goals. Powerful affirmations and visualisations encourage change to happen naturally. Stress and anxiety can often interfere with sleep. This download offers an easy way to control your sleep patterns. Through hypnosis, learn to relax and clear your mind to prepare for deep, refreshing rest. Allow everyday worries to disappear, and rediscover just how good sleep can feel.

**WARNING:** Not suitable for under 18s. Do not use if you suffer from epilepsy, clinical depression, or any other nervous or psychiatric conditions, or whilst driving, exercising, operating machinery, or taking alcohol or drugs. If in doubt, seek medical advice. The product's effectiveness is not guaranteed. No liability is accepted for any lack of effectiveness. Your statutory rights are not affected.

## Reader's comments

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