



# Wake Up with More Energy: Be Productive with Meditation and Hypnosis

*Rachael Meddows*

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## **Wake Up with More Energy: Be Productive with Meditation and Hypnosis** Rachael Meddows

This meditation and self-hypnosis program is perfect for both beginners and those who are experienced with hypnosis. This program will help you wake up with energy, focus, and motivation. Create a lasting, positive outlook first thing when you get up, and see how much more productive and incredible your days become. Your mind will receive deep hypnotic suggestions for positive change, deeply relaxing your mind and body and helping you remove any blocks, self-doubt, or negative self-beliefs. It will also help you create a more positive, successful mind-set and give you tools you need to really make yourself a morning person. Get inspired for your day!

This audiobook includes three different inductions from world-renowned hypnotherapist Rachael Meddows and affirmation and music tracks to help you feel more energized in the mornings to boost productivity, drive, and positive thinking.

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