



# Stop Procrastinating: Learn How to Stop Being Lazy, How to Be More Productive and Get Things Done with Hypnosis

*Dr. John Landers*

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Procrastination is a killer of dreams. The ability to get things done and be more productive supercharges your day and allows you to fly through your to-do list. This hypnosis session is intended to tap into the part of the mind that finds motivation and inspiration easily. It is the part of your brain that initiates action and compels you to make the most of each day. This hypnosis uses neuro-linguistic programming (NLP), which utilizes specialized sentence structures aimed at directing messages at the subconscious.

This hypnosis is 20 minutes long and is a part of the Beach Hypnosis and Meditation Series. The author recommends you listen to this hypnosis on a regular basis, or whenever you need extra motivation.

The beach is the most effective place to induce a mindful and relaxed state of mind. Research has indicated the sound of water has a calming effect on the brain, leading to increased mindfulness, deep relaxation, and a feeling of being one with the universe. These healing properties occur even when just the sound of water is present.

This audiobook includes seven different ocean and beach soundtracks to help diversify your sessions. You can listen to a different version each day of the week or as often as you prefer. Each beach setting is designed to help you relax and increase the effectiveness of your session.

This audiobook includes the following seven beach settings:

1. Serenity on the Beach
2. Lakefront Home Private Shore
3. Quiet Reflection on the Beach
4. Gulf of Mexico Ocean Waves
5. Crashing Waves on Cliff
6. Ambient Oasis
7. Ocean Waves Crashing on Rocks

Supercharge your motivation - and get inspired to live your life fully and productively.



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