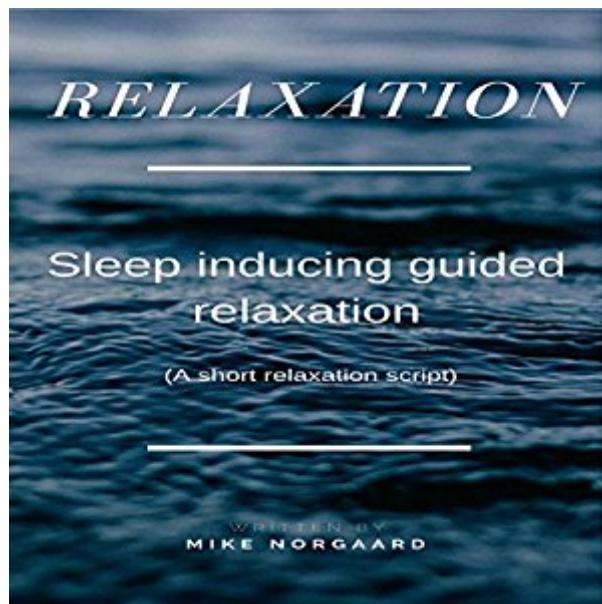


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# Relaxation: Sleep Inducing Guided Relaxation



## Synopsis

Millions of people experience insomnia, or difficulty sleeping, on a regular basis. This very relaxing guided narration is offered with the intent of helping listeners reach a fuller state of relaxation more quickly. The short narration script is offered with many different ambient sound beds for a variety of relaxing effects. The book combines a soothing narration with relaxation breathing and peaceful mental imagery to help facilitate relaxation and, ultimately, sleep.

## Book Information

Audible Audio Edition

Listening Length: 1 hourÂ  Â andÂ  Â 6 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Mike Norgaard

Audible.com Release Date: March 30, 2017

Language: English

ASIN: B06XX4BKVY

Best Sellers Rank: #258 inÂ  Â Books > Self-Help > Hypnosis #1441 inÂ  Â Books > Self-Help > Stress Management #3867 inÂ  Â Books > Audible Audiobooks > Health, Mind & Body > Self-Help

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