



# Don't Worry, Be Happy: Meditation, Hypnosis, and Music

*Motivational Hypnotherapy*

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## **Don't Worry, Be Happy: Meditation, Hypnosis, and Music** Motivational Hypnotherapy

Ready to stop worrying and start feeling happy and positive? Live life in a happier, more fulfilled way with this powerful hypnosis and meditation program.

Motivational Hypnotherapy is proud to introduce Joel Thielke and Rachael Meddows. These world-renowned hypnotherapists have combined their talents and years of hypnotherapy experience to create a one-of-a-kind program that will specifically help you remove negative thinking, self-doubt, and blocks that may be holding you back from feeling truly happy and joyful and living a stress-free life.

With this program, you will be well on your journey to positive change. Hypnosis is an incredibly powerful tool, and we know you'll see results.

This program includes the following tracks:

- 1. About hypnosis
- 2. Don't worry, be happy - white light induction - Joel Thielke
- 3. Don't worry, be happy - dual induction - Joel Thielke
- 4. Affirmations - Joel Thielke
- 5. Affirmations - Rachael Meddows
- 6. Don't worry, be happy - garden induction - Rachael Meddows
- 7. Don't worry, be happy - beach induction - Rachael Meddows
- 8. Music track
- 9. Don't worry, be happy - deep sleep induction - Rachael Meddows
- 10. Don't worry, be happy - deep sleep induction - Joel Thielke

So don't worry...be happy!

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