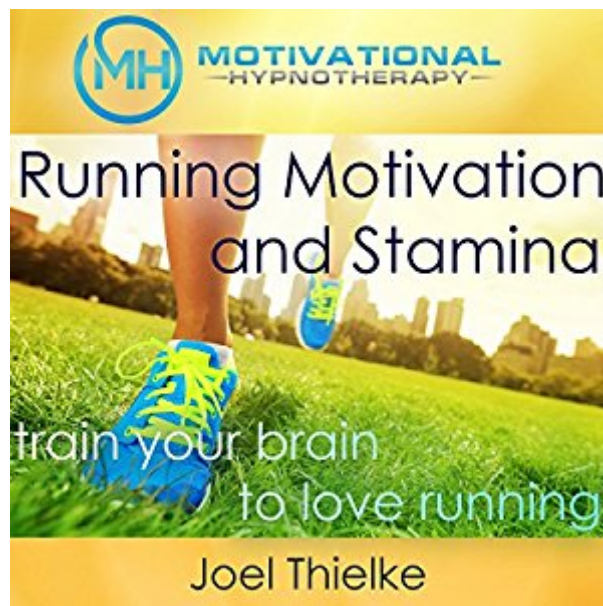


The book was found

Running Motivation And Stamina: Train Your Brain To Love Running With Self-Hypnosis, Meditation And Affirmations



Synopsis

Do you find it hard sometimes to get motivated to run? Would you like to run harder and faster and have more stamina? Boost your energy, and start to really love running with this hypnosis and guided meditation program! Powerful benefits include: Increased stamina Getting excited to work out and run Increased energy Motivational Hypnotherapy's Joel Thielke is a world-renowned hypnotherapist and author who has helped millions of people worldwide. This powerful hypnosis program is designed specifically to help boost your energy and motivation to run and get you in the zone so that you can run faster and longer and get the most of your time on the track. This is the perfect program for listeners of any age, no matter your level of hypnosis experience. We recommend listening to this audiobook for 21 days in a row to get the most out of your listening experience. Listen to the induction track, and if you fall asleep, that's okay. This program will work for you if you are awake or asleep. It's a short, powerful program that will change your life and give you real results. This powerful hypnosis audiobook includes the following tracks: Track 1 - About Hypnosis Track 2 - Running Motivation and Stamina - White Light Induction Track 3 - Music for Focus and Motivation You have the power to love running and have fun doing it!

Book Information

Audible Audio Edition

Listening Length: 55 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Hypnosis Enterprises, LLC

Audible.com Release Date: January 15, 2016

Language: English

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