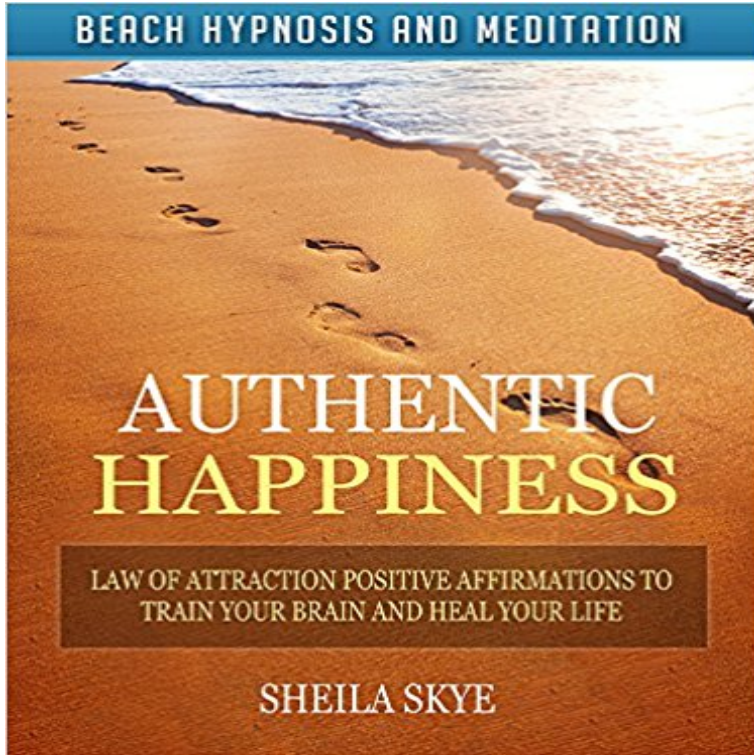


# Authentic Happiness: Law of Attraction Positive Affirmations to Train Your Brain and Heal Your Life via Beach Hypnosis and Meditation



This is the SCRIPT version of the audiobook. The audiobook is highly recommended for the full effect. This audiobook is designed to help you find authentic happiness by harnessing the power of the law of attraction. By listening to positive affirmations, you will help rewire your thinking to better manifest positive outcomes in your life. This audiobook contains 40 minutes of positive and inspiring affirmations that can be listened to during the day or at night during sleep on a low volume. It is a part of the Beach Hypnosis and Meditation Series. 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 7 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 7 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 Listen to this audiobook whenever you feel like infusing your mind with positive thoughts. You can even listen to this audio on a low volume setting during sleep for your subconscious to process.

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