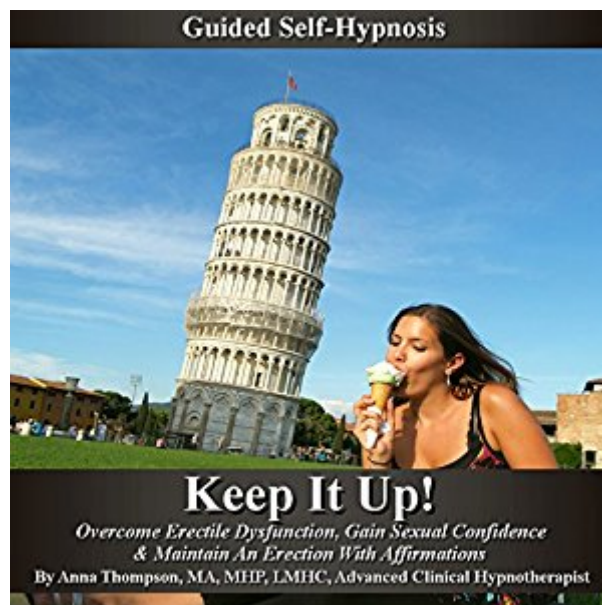




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# Keep It Up: Guided Self Hypnosis, Overcome Erectile Dysfunction: Gain Sexual Confidence & Maintain An Erection With Affirmations



## Synopsis

This guided self-hypnosis program was designed to assist the male listener in getting and keeping an erection, releasing basic beliefs that tend to inhibit sexual functioning, and gaining sexual confidence. Please note, some erectile dysfunction can be caused by an underlying medical condition and in such cases should be addressed by a medical doctor. The hypnosis induction features isochronic tones which are a form of brainwave entrainment to help achieve deeper relaxation. Also included within this program is an extended affirmations track, a meditation track (partly guided, with ancient Solfeggio frequencies), and an exciting and powerful drum journey bodywork track. Using an alternate induction, hypnotic drum beats, and posthypnotic suggestions related to keeping it up, this drum journey is designed to get the listener out of their brain and back into their body. Many find this useful for releasing energy blocks, healing, and integrating the mind, body and spirit. Written and narrated by Anna Thompson, MA, MHP, LMHC, advanced clinical hypnotherapist. For more information about Anna Thompson, please visit [www.askannathompson.com](http://www.askannathompson.com). Life is short. Live it well.

## Book Information

Audible Audio Edition

Listening Length: 3 hours and 21 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Anna Thompson

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Language: English

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Charisma, ... Skills, Motivation, Self Belief Book 8) Erectile Dysfunction Treatment: How to Treat Erectile Dysfunction Erectile Dysfunction: The Most Effective, Permanent Solution to Finally Overcoming Impotence and Sexual Dysfunction for Your Sexual Health (BONUS INCLUDED, Impotence, Premature Ejaculation) Erectile Dysfunction: The Most Effective, Permanent Solution to Finally Overcoming Impotence and Sexual Dysfunction for Your Sexual Health Confidence: Gaining the Confidence You Need to Succeed in Life.: Easy Tips & Tricks on How to become more Self Confident and Gain Creative Confidence (Confidence: ... Person You've Always Wanted to be. Book 1) Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided Imagery & Relaxation Techniques) Shyness: How To Overcome Shyness and Social Anxiety: Own Your Mind, Confidence and Happiness (Personal Transformation, Confident, Shy, Overcome Fear, Low ... Gain Control, Boost Your Confidence Book 2) The Best sex In The World (Medicines, erection, sex): 10 substances that will make an erection 104% Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) Bedtime Affirmations: Positive Daily Affirmations to Aid You Take a Peaceful Sleep Free of Worries Using the Law of Attraction, Self-Hypnosis, Guided Meditation and Sleep Learning Quit Eating Junk Food Affirmations: Positive Daily Affirmations for Junk Food Savvies to Stop the Intake of These Products Using the Law of Attraction, Self-Hypnosis, Guided Meditation Be Great at Sales Affirmations: Positive Daily Affirmations to Help You Become a Great Salesman and Attract More Prospects Using the Law of Attraction, Self-Hypnosis, & Guided Meditation Self Love: F\*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) Overcome Panic & Anxiety Guided Self Hypnosis: Deep Relaxation, Release Stress & Worry With Bonus Meditation & Affirmations - Anna Thompson Stop Drinking, & Overcome Alcohol Addiction: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations Codependent No More, Overcome Codependence: Sleep Learning, Guided Self Hypnosis, Meditation, & Affirmations Mindfulness Meditation for Beginners: Learn to Meditate and Become More Mindful with Guided Meditation, Self Hypnosis, Affirmations, Guided Imagery and Relaxation Techniques Super Self-Discipline, Boost Your Willpower, Persistence & Determination: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations: Sleep Learning Series

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