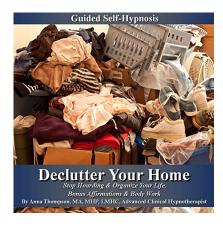
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Declutter Your Home Guided Self Hypnosis: Stop Hoarding & Organize Your Life, Bonus Affirmations & Body Work PDF



by Anna Thompson: **Declutter Your Home Guided Self Hypnosis: Stop Hoarding & Organize Your Life, Bonus Affirmations & Body Work**

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Description:

PDF-26fc2 | This "Declutter Your Home" guided self-hypnosis program was designed to assist the listener in releasing hoarding tendencies, gaining motivation to clean and organize the home, dealing with emotions in a healthy way, and developing strong self-care skills. The hypnosis induction features isochronic tones which are a form of brainwave entrainment to help achieve deeper relaxation. Also included wit... *Declutter Your Home Guided Self Hypnosis: Stop Hoarding & Organize Your Life, Bonus Affirmations & Body Work*





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