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El Secreto Meditacion De La Mente Universal (Spanish Edition)



Synopsis

Music CD

Book Information

Audio CD

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Product Dimensions: 5 x 0.4 x 5.6 inches

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Customer Reviews

I used to take tylenol pm or benadryl to go to sleep since I GOT THIS CD I dont need any medication to fall sleep whithin minutes.I have it for almost a year , and it is excellent. You start listening and your mind relax and your body relax and then your are in harmony and snoring.Try it and you will see everything that I say it is true.

Yo lo adquiri para obsequiarlo a una amiga que recien enviudo y asi ayudarle a superar su depresion y problemas. Tambien antes una amiga me lo dio, para mi ha sido EL MEJOR REGALO de autoayuda que he recido y todavia lo escucho con frecuencia. Es una bendicion.

I listen to my cd every night , for ALMOST Six months now, with a tremendosResult. Clear my mind, give me peace and to be honest, I am sleppingBefore it is finish.I have a few of kelly howell Cds. I am very Happy with all of them , but thisAnd the english versiÃ³n and the inglÃ©s versiÃ³n 2 are the ones I used mostOften

My mother in Law loves this CD. Her and her husband listen to it everynight. They find it very helpful and wish you would make more of your titles in Spanish.

Si esta en busqueda de algo que es lectura y meditacion guiada, esto es perfecto para usted. Me encanto a mi y mi papa este audio!

Ya son dos semanas que estoy escuchando esta meditacion y puedo decir que me ha ido bastante bien me relaja y siento que todo esta fluyendo mejor que antes espero que al seguir praticandola sea mejor cada dia.

i give this CD five stars for its Amaizing content. great meditation tool for decreasing stress before going to bed.

I really happy with this audiobook and I try to listen every day when I have to go to sleep

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