

# End Codependency: Train Your Brain to Let Go with Self-Hypnosis, Meditation and Affirmations



Ready to reclaim yourself? Are you done with codependency, and ready to be independent and confident and own your power? Motivational Hypnotherapist 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 you overcome codependency and creating empowering, positive self-beliefs. Its time for you to take control. 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. Today is the day! Reclaim your power and move forward into the life you're meant to lead!

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