



# **Clear Your Mind: Guided Meditation and Self Hypnosis to Let Go of the Past, Declutter Your Life, Worry Less, Reduce Stress and Find Peace**

*Instant Therapy Guru*

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## **Clear Your Mind: Guided Meditation and Self Hypnosis to Let Go of the Past, Declutter Your Life, Worry Less, Reduce Stress and Find Peace** Instant Therapy Guru

Decluttering your mind can lead to greater inner peace, increased resilience towards stress, and a happier mood. This bundle includes meditations that will help you declutter your mind, find peace, worry less, and relieve stress instantly.

This bundle includes the following audiobooks:

### *1. Declutter Your Life: Guided Meditation to Clear Your Mind, Relieve Stress, Stop Worrying, and Find Peace*

This meditation is about 15 to 20 minutes long and includes four different settings:

Meditation on the beach

Meditation during a rainstorm

Meditation near a flowing creek

Meditation near a waterfall

### *2. Simple Living: Guided Meditation to Simplify Your Life, Clear Your Mind, Let Go of the Past, Worry Less, and Enjoy Your Life*

This meditation is about 10 to 15 minutes long and includes four different settings:

Meditation on the beach

Meditation during a rainstorm

Meditation near a flowing creek

Meditation near a waterfall

### *3. Meditation Oasis: Mindfulness Meditation for Relaxation, Stress Reduction, Anxiety Relief, Self-Healing, and Peace of Mind*

This audiobook consists of one meditation session with three different soundtrack options:

Peaceful Solitude

Epiphany

Heavenly Bliss

Unwind from daily stresses with meditations designed to help you clear your mind and simplify your life.

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