



# **I'm Dry at Night : End the Misery of Wet Beds for 6-9yr olds Best Seller for 5 years (Lynda Hudson's Unlock Your Life Audio CDs for Children)**

*Lynda Hudson*

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Is your child still experiencing the misery of wetting the bed? There are many reasons for bed wetting so check out with your medical practitioner that there is no underlying medical cause. If there is not, this gentle, relaxing CD / Download for children aged about 6-9 years could be your answer, as it has been for so many others! The recording boosts CONFIDENCE AND SELF ESTEEM and helps to change their negative beliefs and expectations of failure. The child receives powerful suggestions that they CAN TAKE CONTROL even when asleep! Children relax comfortably and vividly imagine locking up their bladder with a big colourful key. They stand a sentry on guard to WAKE THEM UP IF THEY NEED THE BATHROOM, otherwise THE BLADDER CAN STRETCH AND STAY SHUT TILL MORNING. This SUCCESSFUL APPROACH is based on natural, safe, sound hypnotherapy principles: act out each positive step in the imagination and dramatically increase the chance of success in the real world. Lynda's gentle, English voice calms, re-assures as she gives suggestions for boosting confidence and self esteem. As a former teacher and clinical hypnotherapist of many years standing, she has helped thousands of children world-wide through her CDs and downloads. She has featured in the press, TV and radio and is author of two widely acclaimed books on hypnotherapy with children and adults. The recording uses state of the art technology. For MAXIMUM BENEFIT, LISTEN NIGHTLY, for several weeks and follow the recommendations on the CD.

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