



## Overcome Fears and Phobias

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By Glenn Harrold

DIVINITI PUBLISHING, United Kingdom, 2002. CD-Audio. Book Condition: New. 142 x 124 mm. Language: English . Brand New. This superb high quality 2-track hypnotherapy CD by Glenn Harrold, combines powerful clinical hypnotherapy techniques with state of the art digital recording technology. This title is part of the highly successful Diviniti Publishing Hypnosis range which has sold over 500,000 units and is now well established as the UK s best selling self-help audio range. This high quality CD will help you connect with a deep feeling of inner peace and calm. On both 30 minute hypnosis tracks Glenn s soothing voice will guide you into a completely relaxed state of mind body. You will also hear hypnotic echoed background affirmations panning from left to right across the stereo range and subtle background sound effects recorded at certain frequencies and in specific keys to enhance the deep relaxation effect. In this very receptive relaxed state, you will be given a number of post hypnotic suggestions and carefully layered affirmations. This deeply relaxing method of delivering multiple suggestions simultaneously to the unconscious mind can facilitate positive changes very quickly. At the end of each track you will be gently brought back to full waking consciousness...



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