



Raise Your Energy and Motivation

By Glenn Harrold

DIVINITI PUBLISHING, United Kingdom, 2002. CD-Audio. Condition: New. 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. The two 30-minute tracks combine skilled hypnotherapy techniques with state of the art digital recording technology. Glenn s calming voice will guide you into a completely relaxed state of mind body and help you to feel more energised and motivated. 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 with a...



READ ONLINE
[4.56 MB]

Reviews

This publication could be worth a read through, and far better than other. This is certainly for all those who statte there was not a worth reading through. You may like just how the author compose this publication.

-- **Dr. Kayley Kovacek PhD**

Comprehensive information for publication enthusiasts. I could possibly comprehended every little thing using this composed e pdf. You can expect to like the way the article writer create this pdf.

-- **Abby Kozey IV**

See Also



You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the fact that her mother winced a little...



Daddyteller: How to Be a Hero to Your Kids and Teach Them What's Really by Telling Them One Simple Story at a Time

Createspace, United States, 2013. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.You have the power, Dad, to influence and educate your child. You can teach your child about a virtue or...



Children's Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.The Children's Handwriting Book of Alphabets and Numbers provides extensive focus on alphabet tracing and number tracing for the...



The Preschool Inclusion Toolbox: How to Build and Lead a High-Quality Program

Brookes Publishing Co, United States, 2015. Paperback. Book Condition: New. 274 x 213 mm. Language: English . Brand New Book. Filled with tips, tools, and strategies, this book is the comprehensive, practical toolbox preschool administrators need to implement early childhood inclusion through...



Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.



Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.