



## Heal Your Body

By Glenn Harrold

DIVINITI PUBLISHING, United Kingdom, 2004. CD-Audio. Book Condition: New. 142 x 124 mm. Language: English . Brand New. Overcome any disease, illness or discomfort with this superb high quality 2 track hypnotherapy recording by the UK's best-selling hypnotherapist Glenn Harrold. Both tracks combines powerful clinical hypnotherapy techniques with state of the art recording technology. To overcome any illness, injury or disease you must develop a positive mindset as this is the key element in helping the body recover. Hypnotherapy is uniquely effective in programming the mind to achieve this in a safe and natural way. On both 30 minute hypnotherapy sessions you will hear Glenn's acclaimed hypnotic voice and absorbing 60 bpm sound effects guiding you into a deeply relaxed state of mental and physical relaxation. 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...



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