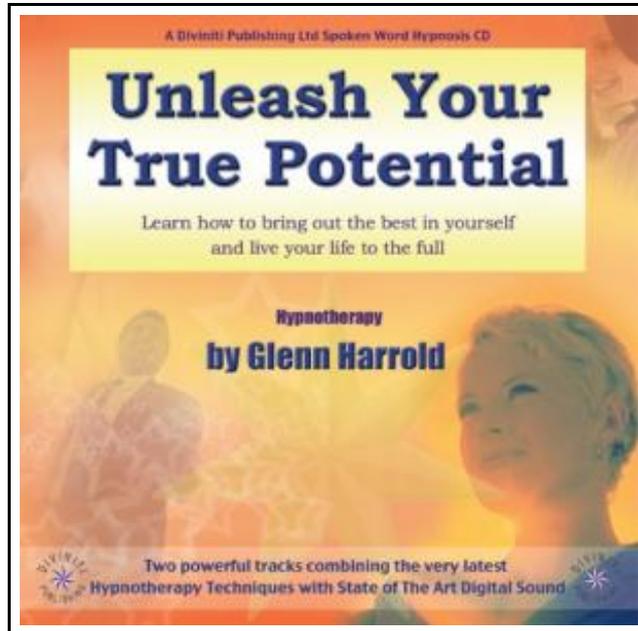


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UNLEASH YOUR TRUE POTENTIAL



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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 draw on your inner talents and your creativity to develop the courage and self-belief to live your life to the full. You will also learn to let go of any self doubts or fears and to express your true potential. On both 30 minute hypnosis tracks Glenn s calming 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 with a combination of suggestion and music. There are also a number of positive subliminal suggestions (listed in the booklet) which are embedded in the fade out music to facilitate the overall effect.



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