



## Build Your Self Esteem

By Glenn Harrold

DIVINITI PUBLISHING, United Kingdom, 2004. CD-Audio. Book Condition: New. New edition. 142 x 124 mm. Language: English . Brand New. This powerful Self Esteem hypnosis CD by Glenn Harrold has been recently re-mastered. It contains two high quality recordings combining skilled hypnotherapy techniques with state-of-the-art digital recording technology to guide you safely into a deeply relaxed state. Glenn Harrold's hypnosis CDs are one of the world's best selling self-help audio ranges. On both 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. 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. This powerful CD is a completely safe and very effective way of developing feelings of self-esteem. You will automatically feel more assertive and self-assured at all...



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