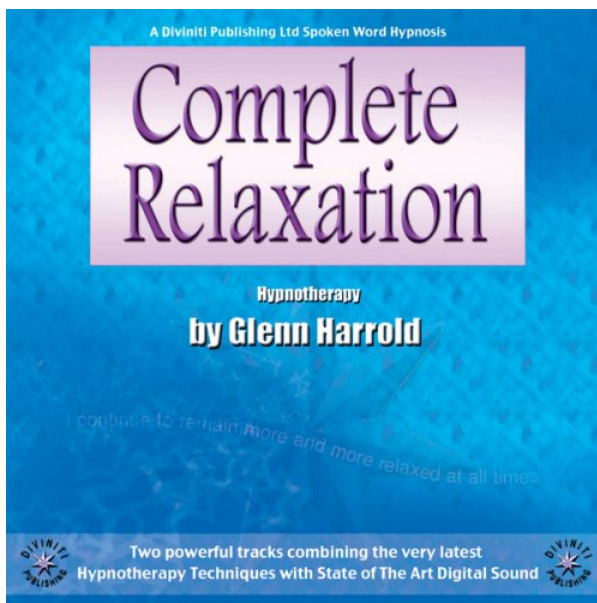


SmWve [Download] Complete Relaxation



CONTINUE ►

This superb, high-quality hypnotherapy program by the UK's best-selling hypnotherapist, Glenn Harrold, combines powerful clinical hypnotherapy techniques with state-of-the-art digital recording technology. Designed to guide the listener into a wonderful deep state of complete mental and physical relaxation. You will also learn valuable techniques to help you combat stress and remain more relaxed in your daily life. Stress- and anxiety-related illness are at an all-time high, so learning stress management techniques to relax is crucial for your mental and physical health and well-being. Hypnotherapy is uniquely effective in solving anxiety problems and aiding relaxation, and Glenn's highly acclaimed hypnosis techniques and layered production will help you achieve these goals in a safe and natural way. Complete Relaxation combines skilled hypnotherapy techniques with state-of-the-art digital recording technology and will guide you into a completely relaxed state of mind & body. You will also hear hypnotic echoed background affirmations panning from left to right, with subtle background sound effects recorded at certain frequencies and in specific keys to enhance the deep relaxation effect. After being guided into a deeply relaxed and receptive state, you will effortlessly absorb the many posthypnotic suggestions to help you cope with the pressures of modern-day life with composure and with a new sense of inner calm. Please note: This title features two identical tracks with different endings. The first track is for daytime use and will gently bring you back to

full waking consciousness at the end. The second track has a sleep ending and will guide you into a peaceful sleep at the end, making it ideal for nighttime use.

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