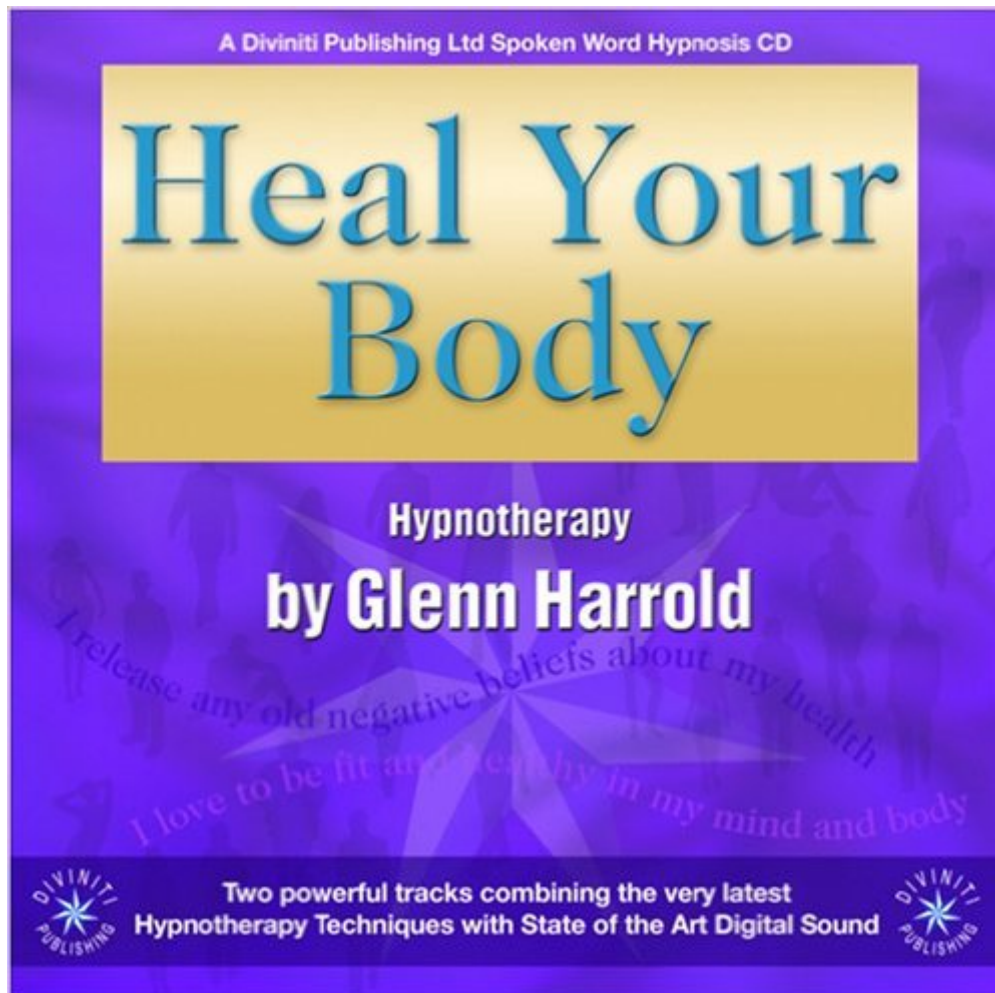


The book was found

# Heal Your Body



## Synopsis

Overcome any disease, illness or discomfort by using the healing power of your own mind. This superb high quality hypnosis CD by Glenn Harrold will help you become your own self-healer. Developing a positive mindset towards illness or injury is crucial in helping the body to heal from illness or disease. Hypnotherapy is uniquely effective in programming the mind to overcome insecurity and anxiety and helping to develop a positive attitude in a safe and natural way, free of any harmful side effects. On both hypnotherapy sessions you will hear a pleasant voice and absorbing 60 bpm sound effects guiding you into a deeply relaxed state of mental and physical relaxation. In this very receptive relaxed state, you will be given a number of post hypnotic suggestions and carefully layered healing visualisations and affirmations. The background echoed affirmations pan from left to right in your headphones. This deeply relaxing method of delivering multiple suggestions simultaneously to the unconscious mind can facilitate positive changes very quickly. Track 2 includes a powerful Chakra balancing healing visualisation. 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 on the inside cover) that are embedded in the fade out music and facilitate the overall effect. This powerful CD is a completely safe and very effective way of helping you to heal any illness or disease by using the power of your mind.

## Book Information

Audio CD

Publisher: Diviniti Publishing Ltd (June 1, 2003)

Language: English

ISBN-10: 1901923290

ISBN-13: 978-1901923292

Product Dimensions: 5.4 x 0.4 x 6.1 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (27 customer reviews)

Best Sellers Rank: #940,523 in Books (See Top 100 in Books) #19 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets](#) #99 in [Books > Health, Fitness & Dieting > Alternative Medicine > Hypnotherapy](#) #113 in [Books > Books on CD > Health, Mind & Body > Fitness](#)

## Customer Reviews

I just discovered Glenn Harrold's cd's and I'm so impressed. I have a few other healing meditation cd's by other authors in my collection, but this has become my favorite. Glenn allows you time to reach each stage of the deep meditative process needed to really see results. Many of my other cd's rush through the process so fast it's hard to go from one stage to the next.. I was able to get to a very deep meditative trance the first time I listened to it. Although this is referred to as being a "Hypnosis Cd", it is the same process as meditating (in case your afraid of the world Hypnosis)...Glen is from the UK and has an accent (not sure if it's British, Australian or another?), but that concerned me when I ordered it. I'm from the US and sometimes have a hard time understanding other accents. But that isn't the case with Glen at all.. He's very easy to understand and has a very, very soothing voice. The music played in the background is also very relaxing and enjoyable.I have always believed/know that our body's have the power to heal themselves, but living in the US, a country that put's so much importance on the pharmaceutical and medical world, it sometimes feels like I'm looked at like I'm loony for believing such a thing. The majority of people in the United States seem to want everyone to believe drugs and surgery are the only acceptable cure that works, and so many people here run to the doctor for every little ailment. That just isn't for me and I truly appreciate people like Glenn Harrold who help me get to that place in my mind where I can help my body start the healing process naturally...

This is a great program by a great hypnotist. I'm really amazed at how well this hypnosis session is put together. I found myself going really deep into a blissful state of hypnosis on the first listening. I've purchased hypnosis CDs in the past, but they can't compare with this quality. I've only listened to it a few times and have noticed positive changes. Bravo!!

Glenn Harrold is definitely a force for good in this world. I have several of his self-help audio CD programs on several different topics. Heal Your Body has two distinct sessions. Track One is the specific healing visualization session. Track Two is a chakra balancing session, which is also used on his other CD A Guided Meditation. He uses special sound effects during the session and a short musical passage with subliminal messages just before the session ends. If you use headphones as directed and listen, you will experience something. Effects accumulate over time just as with any other self help method. The recording quality is excellent and you know he cares about helping you -- the sincerity is evident. All of his CD's have played well without any faults. I would recommend most of his CD's to anyone who wants to experience a guided session on their own -- some of the topics he offers don't apply to my needs.

This CD is absolutely wonderful! I find that my tumor site doesn't hurt for about 24 hours or so after I use it. I will be having that tumor removed in a few days, and I hope to use this CD to help with my recovery.

I had lower back surgery several months ago and I listen to this quite often. The power of the mind is greater than most people think, so along with my physical therapy in recovering from surgery I also listen to this CD for my mental therapy. I don't like this one quite as much as a couple of his other CD's but it is still good. What I don't like about it is when his voice pans from left to right in the headphones it seems to pan too fast, it's almost distracting. On his other CD's the pan happens much slower and is thus more relaxing and hypnotic. But it's got some good subliminal suggestions and affirmations and it helps me to relax, concentrate on healing myself from within and gives me an excuse to take a nap sometimes when my wife thinks I should be doing something else! LOL!

Have had quite a few of these. I keep one at the office, at my home, in my suitcase. It helps to put me and my husband in a deep sleep very quickly. I love the principles and the healing work that it offers.

This is an excellent meditation cd, I have several of Glenn Harrold Meditation cd's and the first track is one of his more advanced. He is very calming and with a good smooth voice that instantly relaxes you. I would definitely recommend any of his cd's

I have one other Glenn Harrold CD and I really like his style and voice. I listen to one of his session most nights as I fall asleep. He gives good guidance for the relaxation steps. I really like his British accent which is easy for me to understand.

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