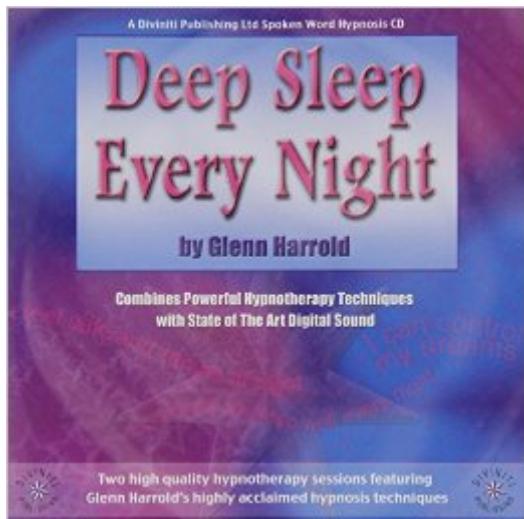


The book was found

Deep Sleep Every Night



Synopsis

Overcome the stressful problem of insomnia with this superb, high quality hypnosis CD by Glenn Harrold. Insomnia and sleep problems are often caused by stress, anxiety and having a busy mind at the end of the day. Hypnotherapy is uniquely effective in solving sleep disorders in a safe and natural way, free of any harmful side effects. Track 1 utilises skilled hypnotherapy techniques to help guide the listener in to a deep relaxing sleep every night. Track two is titled 'Lucid dreams for problem solving'. This track is also a hypnotherapy session that will induce a restful nights sleep, and will help cure sleeplessness and bad dreams as well as guiding you to find solutions to any problems through your dreams. The pink noise background sound effects on this title have been designed to sync with, and slow down brainwaves to alpha level (between 6 - 10 Hz), which is a pre requisite for a good nights sleep. Even the most ardent insomniac can't fail to wind down with this powerful relaxing hypnotherapy CD. Features two 25 minute hypnotherapy sessions containing: A pleasant relaxing voice guiding the listener into a completely relaxed state of mind & body. Hypnotic echoed background vocals panning from left to right across the stereo range - a deeply relaxing and unique effect. 60 B.P.M digital sound effects - all compounding the overall effect.

Book Information

Audio CD

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Product Dimensions: 6.5 x 0.4 x 6.2 inches

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Average Customer Review: 3.9 out of 5 starsÂ See all reviewsÂ (91 customer reviews)

Best Sellers Rank: #277,686 in Books (See Top 100 in Books) #41 inÂ Books > Books on CD > Health, Mind & Body > Fitness #92 inÂ Books > Books on CD > Health, Mind & Body > Meditation #97 inÂ Books > Books on CD > Health, Mind & Body > Relaxation & Meditation

Customer Reviews

Okay, I know everyone has different problems going to sleep but I have to say that this has blown my mind completely. My particular problem sleeping is that i will litterally lay in bed for hours tossing and turing and my mind WILL NOT shut down. It seem that night time is the time that I've alway reved up, or decided that I can't stand my closet being unorganized one second longer so I've been

to several doctor and exhausted the medicine available. They work for a while then don't anymore. With this CD I just get sleepy and go to sleep. The first night that I had it I was so nervous and skeptical that I figured through most of it and then decided that it wasn't working, turned it off, and got up.. but amazingly when I got up I felt the way I usually feel when I've been sleeping (kinda drowsy) so I went back and laid down and thirty mins later I was asleep (usually takes me 2 or 3 hours) the next night I chilled out and just layed there and listened when it was over I turned off the recorder and put up the headphones and turned over and went to sleep. Recently it's been working so well that I don't even make it through the whole thing and wake up with the headphones laying next to me. It Works! If you're very skeptical like me, and you don't have success the first night stick with it a couple of times before you give up.. it really does get the job done.. I don't know anything about Hypnosis other than it sounded neat so I don't have a professional opinion about it but I can honestly say after I just gave in and gave it a real shot it's been the best sleep aid I've ever had.

There are two kinds of insomnia. The first is the one everyone knows about, which is trouble falling sleep. The second kind of insomnia is trouble staying asleep. This means waking in the night or waking up early. If you have chronic insomnia you should look into treating the causes of it instead of just covering it up with medication or hypnosis. The book "Say Goodnight To Insomnia" which is also available on .com was written by a Harvard psychologist, is backed up by the most established scientific research, is very effective and it is holistic. In addition to getting you to sleep it will also make you healthier and happier. This CD deals very well with the first type of insomnia. It will put you to sleep. However, it is very weak on the second type of insomnia. I used it several times after having a two week period where I could only sleep about 2 hours a night. The CD would get me into a deep sleep, but then I would awaken with a jolt of tension a few hours later. I recently tried it again after several weeks of sleeping close to normal (thanks to the aforementioned book) and slept through the night. Glen Harrold is a very talented hypnotist. I could hear his suggestions in my mind even after not listening to his CD for several days. Based on the powerful effects I felt from this CD I would try his other CDs. Be warned, this CD has a second track that deals with productive dreaming, that will automatically play if you keep your CD player running.

You need to wear headphones to get the full effect of this hypnotherapy CD. The liner notes warn you to be careful about wrapping the headphone leads around your neck because you may fall asleep before the CD ends. This is exactly what happened to me, so I stopped using headphones. I'm missing out on the "hypnotic echoed affirmations" without the headphones, but at

least I won't accidentally strangle myself in my sleep. One thing that might keep you awake initially is the hypnotherapist Glenn Harrold's incredible Cockney accent. Maybe I've watched "My Fair Lady" one too many times, but when I initially started listening to "Deep Sleep Every Night," I kept expecting Henry Higgins to cut in with, "My dear man, the rain in Spain stays mainly on...etc." An annoying intrusion (not Henry Higgins!) that might wake you up after you've fallen asleep is the beginning of the second track, "Lucid Dreams for Problem Solving." I believe track two was originally a separate tape, and Mr. Harrold reverts back to his normal speaking voice when the track begins. He's jolted me awake a couple of times, but I've always gone back to sleep as he reverts to his sonorous, repetitive murmurings. The total CD running time is forty-three minutes, and I haven't stayed awake through the whole thing, yet. There's nothing too mysterious about it: Mr. Harrold starts out with controlled breathing exercises, then onto suggestions about relaxing various parts of the body from head to toes, then a soothing, repetitious murmur about the conscious mind versus the unconscious mind. This is where I always fall asleep--until the second track begins. If you have problems falling asleep, you might want to give this CD a try. It seems to be working for me.

I read reviews but don't ever write them BUT I just had to write one on this cd to give hope to people who have insomnia. My therapist recommend this cd because some of her other clients raved about it. I didn't have much hope as I tried other sleep cds and they didn't help my constant lack of sleepiness due to extreme stress and worrying. I bought this cd and not expecting anything but to waste my money (hey after all it's a cd, what can a cd do?) And I tell you this thing is a miracle and I can't stop talking about it. I feel more relaxed and am able to have a comfortable, relaxing, deep sleep. I used to wake up with headaches EVERY SINGLE MORNING FOR YEARS and with the help of this cd I am having restful nights and no longer suffering from the headaches that used to plague me from lack of sleep. I love his voice/accent and I am definitely going to try some of his other cds!!

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