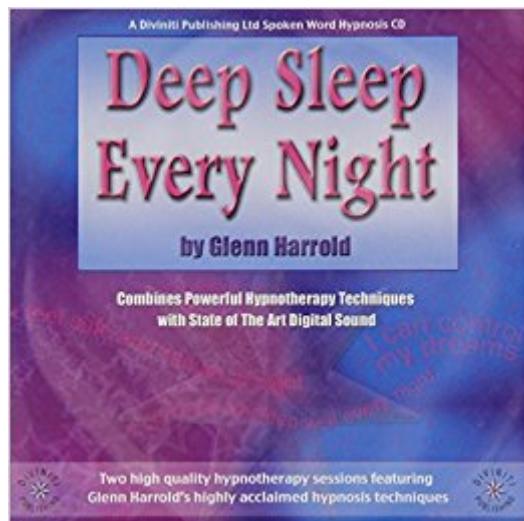


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# Deep Sleep Every Night



## 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

Shipping Weight: 3.5 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 95 customer reviews

Best Sellers Rank: #207,626 in Books (See Top 100 in Books) #14 in Books > Books on CD > Health, Mind & Body > Fitness #44 in Books > Books on CD > Reference #52 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation

## Customer Reviews

"WOW!!!!!!!!!!!! I have suffered with chronic insomnia for years...pills, doctors, you name it...I believe that I must own every CD ever made. Glenn Harrold has changed my life with his incredible Deep Sleep cd. I have slept generally well since the first night I used it, and my whole emotional, physical, etc, states are transformed. Depression and despair gone, I can laugh with friends, have a normal

life. Thank you, thank you, thank you. I have forwarded the link for your site to many friends. Thank you again." Rebecca Collins --Rebecca Collins (USA)"The best sleep hypnosis CD ever made!!!!!! I have had insomnia for years and I must own every sleep hypnosis tape ever made, but this one is magical...it just works." -- (USA): A reader from Dallas, TX USA"I have to tell you I'm so impressed by the Deep Sleep CD I purchased from you recently that I can't believe it. I didn't think anything would make a dent in what has been chronic insomnia but this does help more than a little. Thank you so much." Alexandra Hammond --Alexandra Hammond (London)

Glenn Harrold (MBSCH Dip C.H) is a very experienced clinical hypnotherapist who has helped hundreds of clients with a wide range of stress related problems. He has combined his hypnotherapy skills with an extensive recording knowledge to produce this uniquely effective series of high quality hypnosis recordings. This powerful series has taken the UK by storm having sold over 200,000 in just 3 years, and are officially the UK's best selling self help series. Each recording combines powerful hypnotherapy techniques with state of the art digital recording technology.

This CD worked the first time I used it, and I fell asleep for about five hours. Since then, it has never worked a second time. I've tried a little 9" DVD player, and a second DVD player, with and without earphones, but it just doesn't work for me. Also, I have a serious problem with dishonesty. When Glenn says: "You WILL fall asleep ...." and then I don't fall asleep, I feel like I can't believe anything else he says. He says the CD WILL work every time, and it doesn't. I have heard the work of a really good hypnotist, and this guy ain't one of them.

I bought this CD based on others mostly positive reviews. I also own Paul McKenna's "I Can Make You Sleep" book with companion CD. I didn't feel that Paul McKenna's CD was doing the trick for me. The pace is a bit too fast in this CD. I think it actually deterred my sleep. I've tried it a few nights and always revert back to my Paul McKenna CD. Something is just not working here for me. Update to my previous review:I've given this CD another chance and I'm glad I did. It has worked very well for me on numerous occasions recently. If you have chronic insomnia like I do, give this one a try. It may not work every time, but it has potential to help you fall asleep. And a good night's sleep is definitely worth the gamble.

I have had trouble sleeping every since my second child went to college. I was taking a strong sleeping pill which my doctor finally said I could not take every night. I was beside myself wondering

how I was going to go to sleep which only made things worse. After reading all the good reviews I thought "what do I have to loose". However I vowed not to write a review until I tried it for a month. I expected this to take days if not weeks to work. I have never made it through the tape. I have never been able to listen to the second part. Finally I started with the second part of the tape and have never made it through that. I put it on my ipod so that it automatically shuts off at the end - AND I DON'T WAKE UP IN THE MIDDLE OF THE NIGHT - I'M OUT!!! I never expected this to work so well. If you are having trouble sleeping please - give this a chance.

I was elated the first time I listened to this sleep tape because it had no annoying traits usually always accompanying self helptapes. Glenn Harrold has the perfect soft voice, with no attention getting mistakes, to interrupt my concentration on the clear and easy to follow message.. I found myself in a comfortable, relaxed place listening to this tape. I fell asleep to my surprise the first time I listened to the tape and in subsequent listenings if I do not fall asleep I am in a very relaxed.and peaceful state . I would definitely buy Glenn Harrold's tape again.

My wife uses this every night to fall asleep.

I don't know, listen to it and never finish because it puts me to sleep

This will put you to sleep, It guides you to focus on your body for total relaxation. Calming voice of speaker helps along the way.

Looked up Glenn Harrold's CD online and discovered that he had a website in the UK meaning he was British. Read his Bio & he had any years of training in hypnotherapy. So I wanted to see what he sounded like & if I would like him because face it he has an accent. I looked him up on you tube & was able to physically get a sample of a general idea of what this CD might sound like. I ordered it & it is really good. Some people may be put off by his accent but I grew accustomed to it each time I listened to it. My main goal was to get some sleep & the CD has definitely done that each time I have listened to it. I finally do get sleep!

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