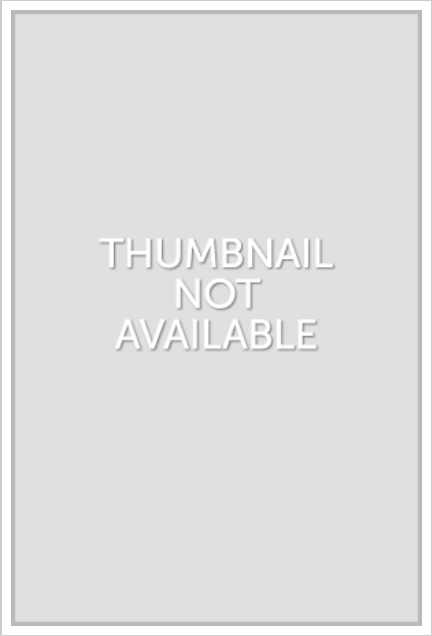


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Deep Sleep

By Glenn Harrold

DIVINITI PUBLISHING, United Kingdom, 2004. CD-Audio. Book Condition: New. 142 x 124 mm. Language: English . Brand New. This powerful Deep Sleep hypnosis CD by Glenn Harrold has recently been re-recorded. It contains two high quality recordings combining skilled hypnotherapy techniques with state-of-the-art digital recording technology to guide you safely into a deep sleep every time. Glenn Harrold s hypnosis CDs are one of the world s best selling self-help audio ranges.On both tracks of Deep Sleep you will hear Glenn s soothing voice guiding you 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 - and 60 B.P.M digital sound effects, all compound the hypnotic effect.Track 2 includes Lucid dreams for problem solving , which will not only guide you into a deep sleep but will help you to find solutions to any problems through your dreams. The pink noise sound effects on this CD have been designed to synchronize with and slow down brainwaves to alpha level (between 6 - 10 Hz), which is a pre-requisite for a good night s sleep. Even the most habitual insomniac can t...

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