



# Learn How to Think Positively

*Glenn Harrold*

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## **Learn How to Think Positively** Glenn Harrold

*Learn How to Think Positively* features two hypnotherapy sessions to help you develop a more positive outlook. Glenn's relaxing voice will guide you into a completely relaxed state of mind and body. Hypnotic echoed background affirmations pan from left to right across the stereo range - a deeply relaxing and uniquely hypnotic effect.

Developing a positive mental attitude and a strong self-belief will give you much more confidence and help you to overcome stress and anxiety. Hypnotherapy is uniquely effective in programming the mind to overcome self-doubt and to create a positive mindset in a safe and natural way.

**Track 1** will guide you into a deeply relaxed state of mind and body where you can learn, under hypnosis, how to cultivate the habit of positive thinking and see the positive in every situation.

**Track 2** will help you create a more positive future outlook by using the full power of your imagination! The guided tour on this track is very original, and we receive a lot of very positive feedback from it.

**Please note:** The first track has an awake ending, which 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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#### **Dwight Ivers:**

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