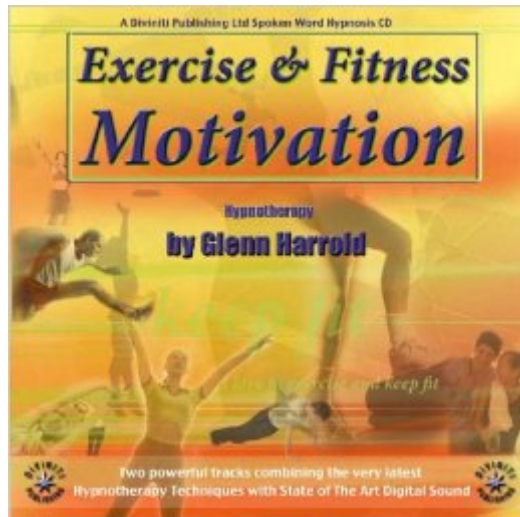


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# Exercise Fitness & Motivation Hypnotherapy



## Synopsis

This superb high quality hypnotherapy CD by the UK's best selling hypnotherapist Glenn Harrold, combines powerful clinical hypnotherapy techniques with state of the art digital recording technology. There are two Hypnotherapy sessions on the CD. Track one is a 30 minute hypnotherapy track that will help you build a powerful desire to exercise regularly by associating feelings of great pleasure and enjoyment with exercise and fitness. Track two is a 15 minute hypnosis affirmation track that can be used as a booster. On the CD you will hear a pleasant English voice and 60 B.P.M sound effects guiding you into a deeply relaxed state of mental and physical relaxation. In this very receptive relaxed state you are given a number of post hypnotic and direct suggestions to help you to become more active in your daily life. There are also a number of background echoed affirmations, which pan from left to right in your headphones. This deeply relaxing and powerful method of delivering multiple suggestions simultaneously to the unconscious mind can facilitate positive changes very quickly. At the end of the recording 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 inside) which 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 create a powerful desire to become fit through regular exercise. This title is part of the highly successful Diviniti Publishing Hypnosis range, which has sold over 500,000 units and is well established as the UK's best selling self-help audiotape and CD series

## Book Information

Audio CD: 1 pages

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Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (19 customer reviews)

Best Sellers Rank: #1,005,033 in Books (See Top 100 in Books) #20 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets](#) #118 in [Books > Books on CD > Health, Mind & Body > Fitness](#) #524 in [Books > Books on CD > Health, Mind & Body > General](#)

## Customer Reviews

I hate exercise. I always have and probably always will. I know, however, that in order to stay healthy especially as I've gotten older, it is a necessity. Recently when I ordered some exercise tapes, this was offered as one of the "you might also be interested in" items. I figured it couldn't hurt so I gave it a try. First, I have to say that the guy who does this has the most soothing and relaxing voice. I honestly fell asleep the first time listening. The CD warns not to listen to this while driving or doing anything that requires your attention. Please pay heed to that warning. I've never felt that a hypnosis CD really worked before and I've tried the weight loss cd's, the self help cd's, the guided meditation, and relaxation. I've never gotten the same feeling (that I was actually falling into a hypnotic state) until I listened to this one. I've been listening to it every evening for a couple of weeks. I still hate to exercise but I find that I feel more of an imperative to work out each day. It's not as easy to be a couch potato every day after work without feeling that little nudge inside that I need to hit the treadmill. It's not a miraculous, overnight change. I don't spring out of bed and want to go train for a marathon but it's definitely helping me stay on track.

These CD's are an easy listen filled with wonderfully phrased, motivational words. Glenn's Australian accent is a pleasure to listen to. Places on the CD have music as well that accompanies the voice. I LOVE these CD's and own most of them. If you live in the states you may hear an occasional terminology that is not common in the U.S. (Example, in the weight series he uses a weight measurement of a 'stone' which is a British term that represents 14 pounds). This happens rarely and certainly does not detract from the message presented in any of Glenn's CD's. You can't really listen to these in the car as they are a little hypnotic so be sure you are in a stress free mind set and location when you listen to any of these CD's. I felt they were worth every penny.

...before I tried it. A friend gave me my first title by Glenn Harrold and it worked! Then I bought this title and I listened to it every night before bed. I started going to the gym three times a week and I'm getting in good shape. Even more amazing...I enjoy going to the gym now! I have never viewed myself as easily influenced, but if you approach this with an open mind and ALLOW yourself to be influenced, it might work for you too!

It works! What more is there to say? I combined this with the Lose Weight Now and Learn How to Think Positively and they all work wonderfully well. In less than 3 weeks I am down 14 lbs and feel wonderful. I am more positive and approach life more positively. This is a great product that I highly recommend.

I have enjoyed this cd, simply because it helps me fall asleep so easily... his voice is peaceful... it puts me at rest and i fall asleep easier... something i've needed medication for the last 8 or 10 years for. he gives you great ideas to ponder when you are discouraged, he gives you confidence in yourself, and i do find myself wanting to exercise more, and eat healthier...

I have listened faithfully for several weeks, and haven't had the motivation I'd hoped for. It is a pleasant, relaxing enough cd to drift off to sleep to, although the last bit is quite jarring, and has woken me up abruptly a few times!

This CD did not "move" me. I use several CDs, some with a lot of success, and I'm more inclined to use my other CDS with prettier music and subliminal messages. I will use this again but don't believe it is destined to be a favorite.

I received this product free or discounted in exchange for an honest review. My review is unbiased and based on a full testing of the product after receiving it and I am under no obligation to leave a positive review or be dishonest in any way.

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