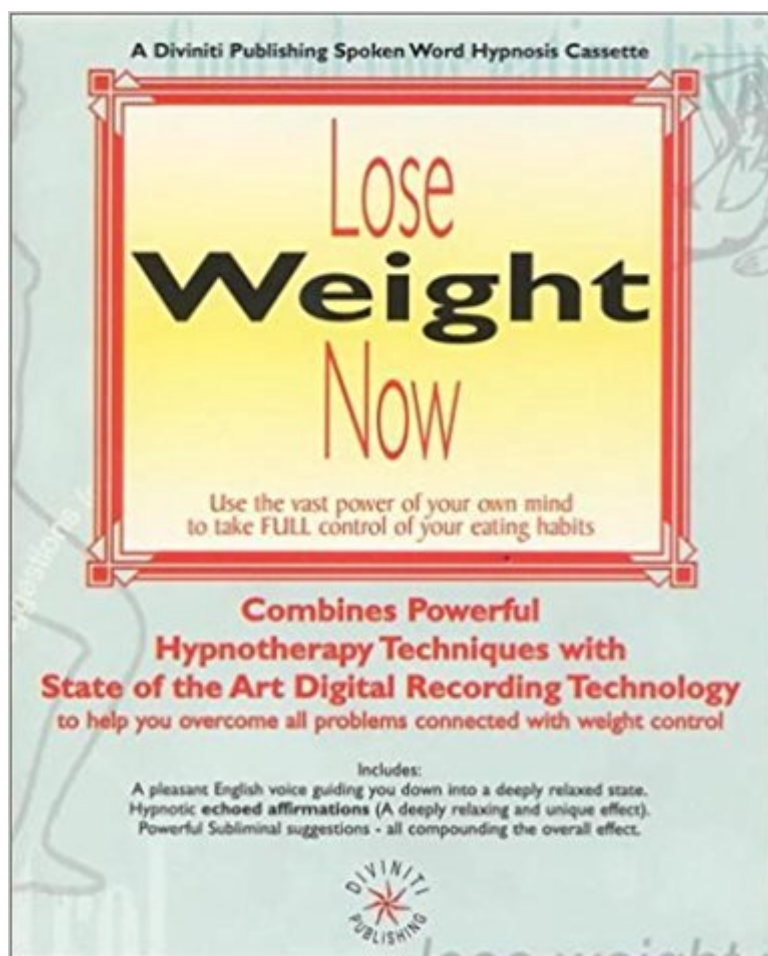


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# Lose Weight Now (Diviniti) (Hypnosis Series)



## Synopsis

Lose weight the easy way with this superb, high quality weight loss hypnosis tape by Glenn Harrold. Losing weight is easy when you are in full control of your eating habits. Hypnotherapy is uniquely effective in programming the mind to create a strong and lasting belief that you only eat small amounts of healthy food and genuinely enjoy exercising. This hypnosis tape/CD will help you achieve these aims in a safe and natural way, free of any harmful side effects. After being safely guided into a very deep state of complete mental and physical relaxation, you will be given multiple post hypnotic suggestions to release any need or desire for sweet or fattening food. You will want to eat smaller amounts of healthy food instead. This high quality hypnosis CD/tape recording utilises skilled weight control hypnotherapy techniques, and it will help you to break any negative associations with eating and dieting. By taking full control of your eating habits, you will begin to lose weight the best way possible - slowly and steadily. You will also feel motivated to take more exercise and to remain a healthy eater forever, even after you have reached your target weight. Lose weight now features two 27 minute hypnotherapy sessions containing: A pleasant 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 uniquely hypnotic effect. 60 beats per minute digital sound effects & powerful subliminal suggestions - all compounding the overall effect. This powerful hypnotic weight control CD is one of our best sellers, and the CD version was at number 2 in the UK's overall best selling self-help audio charts for 2005. It is also our number 1 best selling title in the USA. Weight loss through hypnosis is the natural solution.

## Book Information

Series: Hypnosis Series

Audio Cassette

Publisher: Diviniti Publishing; Unabridged edition (June 21, 2002)

Language: English

ISBN-10: 1901923053

ISBN-13: 978-1901923056

Product Dimensions: 4.3 x 2.9 x 0.7 inches

Shipping Weight: 3 ounces

Average Customer Review: 3.8 out of 5 stars 50 customer reviews

Best Sellers Rank: #9,700,504 in Books (See Top 100 in Books) #84 in [Books > Health,](#)

Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets #3656 in [Books](#) > Self-Help > Hypnosis #4327 in [Books](#) > Health, Fitness & Dieting > Mental Health > Eating Disorders

## Customer Reviews

"Glenn, Your CD has helped me release 20 pounds of fat with no struggle. I listen to the CD every morning and never tire of it. I am telling other people about it and how they should get their subconscious to help them, not make things hard for them. I've given away and sold your tapes to a few people." Bea Kenney (USA) --Bea Kenney (USA)"ASTONISHING!! I bought this tape with some reservations, as I had tried a similar tape from a well-known hypnotist with limited success. However, I noticed some effects immediately, and was encouraged to carry on. It is now 2 weeks later, and I am hooked! My self-image has improved, which is a vital part of the positive attitude needed to complete to a goal weight, especially when you have a lot to lose. Also, I am finding it easy to 'keep control of my eating habits', and I no longer think of food all day! Believe me, this is some achievement, having been a 'comfort eater' for a very long time! I cannot recommend this tape highly enough. It is EXTREMELY powerful, and used correctly, will change your life for ever." -- (UK): Bazz from WIRRAL, MERSEYSIDE United Kingdom

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.

I bought this CD a week ago on a bit of a lark. I was skeptical, but thought I'd try it just to see... I have been falling asleep to it every night with my walkmann on, (I don't have TIME to do this except when I go to bed at night.) I have already lost 4 pounds without feeling like I am on a weight loss program of any kind. I believe that it does work, in that it instills a desire to eat smaller portions of healthy foods. Follow the instructions. Don't listen unless you are where you CAN safely fall asleep, because it does lull you to sleep! I plan to continue with it until I am down to my goal weight, and then I will switch to the "keep the weight off" track for a while. I am very pleased with this purchase and would recommend it to anyone who is interested in taking a new and different approach to changing their eating habits. If you do try it, I am interested to see if it works for you, so I hope you

post a review. GOOD LUCK!

I have to say, of all the hypnosis cds I have tried, Glenn Harrold's are by far the best! I don't know how it works. Quite frankly, I can't remember what the cd says. I have been an emotional eater all my life. I can tell you that without being aware, my eating habits have totally changed. I no longer snack, my Snicker-a-day life long habit no longer exists, Thanksgiving was in no way a challenge. I walk by the candy aisle at the store with indifference. I do not consume any type of soft drinks. I truly have no want for any of that stuff anymore. I never exercise. I don't like to exercise. Also, I didn't listen to the cd any two consecutive days. I listened to it a couple of times. Of course I also purchased his exercise and energy motivation cds. I will be trying one of them in the next week or so. I know it will work. All of his cds have been 100% effective for me. Btw, when I had the flu followed by the swine flu, I never got the full-blown symptoms the rest of my family did. Whenever I started to get feverish and such, I listened to his "Heal Your Body" cd and the symptoms subsided for a time, I listened to that cd about 3 times. I LOVE IT!

I am 70 years old with almost 150 lbs. to lose. I lost 33 lbs. with a popular diet program last year, but my hunger kicked in and I gained about 10 lbs back in three months. Having tried every diet I can find unsuccessfully, I was desperate to find something to curb the hunger. The constant insatiable hunger is the main reason I did not resume the latest program. I was even rejected for gastric surgery due to previous other surgeries and my age. I know the source of the hunger is in my head but couldn't find any way to stop it. I had purchased this cd several years ago but put it away as I didn't believe in hypnosis, but as I was so desperate, I found it last week, put it on and lo and behold, after one session, my appetite has been curbed to a great degree. I lost 1-1/2 lbs. in one day. I am no longer able to just binge on anything I can find to stop the constant hunger. I eat a few bites and am satisfied for quite a while. I use the cd once a day to reinforce what he is programming into my subconscious. I am so impressed that I ordered 3 more of his cd's on finances, etc. Hope I am as successful with them. I love his voice and accent and find them very soothing.

Excellent product. Very happy. Would buy again. Thank you.

I had such great success with Glenn Harrold's Deep Sleep CD (see my review), I had high hopes for this one. I am sad to say I did not have success. I can only guess, but I think that the message is not a good fit for me. The message is negative, along the lines of "do not have yucky sweet things". It

was not a message that resonated with me. I tried it for months with no results. I more recently have purchased the much more costly series of CDs from Roberta Temes "Enjoying Weight Loss". I find myself much more drawn to her more positive approach and I AM finding modest success. Moreover I have a much more upbeat outlook, and find myself taking positive steps without resistance. (Roberta has a heavy New York accent which was very grating to me, but I have gotten used to it, sort of...) Good luck to you whatever you try.

Excellent teaching that really moves the soul and calm the nerves. Any of the Glenn's programs are well worth it! The man has "the voice"

Have been using for about two weeks. You have to be open to relaxation and willing to accept suggestion. I chose to customize a program for me, by loading the cd to an mp3 file, then using an audio program to take segments of the audio out. What I ended up with was a custom audio file that I was then able to run in an endless loop. I did not want it waking me at the end of every 30 minute session. I have two programs from Glenn Harold that I ran end to end, then loaded it to an mp3 player and set it to repeat so that as long as I wanted I could use the program... namely at night while sleeping. Normally as one sleeps there are periods of twilight sleep where we are most suggestable. This is how I use it. You are never in a deep trance, and when awake are totally aware of your surroundings. When the alarm goes off in the a.m. I wake normally. As far as the program itself goes, it is good. You get used to the british accent after a while, but is a little distracting in the beginning. Have been using my adjusted program for two weeks and have lost ten pounds, without exercise or doing anything artificial. I find that I tend to eat a little less and get full faster. Seems I lose patience sitting at the table too long, especially if there is a lot of food. I wanted to see if the self hypnosis worked on its own merit before adding in an exercise program. My goal is to lose 1 pound a week. I have a lot to lose, but have not been successful in the long term with other programs I have tried. Every expert I talked to indicates that the bottom line is that it is all in the head. So, what better way to adjust than to change how I think about food and how I eat. So far so good.

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