



# Deep Sleep Every Night

*Glenn Harrold*

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## **Deep Sleep Every Night** Glenn Harrold

Join the thousands of people who have overcome their sleep disorders and insomnia by using this superb, high-quality hypnosis audiobook by Glenn Harrold--the UK's best-selling self-help audio author. Insomnia and other sleep problems are often caused by stress, anxiety, and a busy mind at bedtime. Glenn's highly acclaimed hypnotherapy techniques and audio production will help you overcome these problems in a completely safe and natural way.

Track one utilises skilled hypnotherapy techniques to help guide you into 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 night's sleep and cure sleeplessness and bad dreams as well as guide 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 and 10 Hz), which is a prerequisite for a good night's sleep. Even the most ardent insomniac can't fail to wind down with this powerful, relaxing hypnotherapy title. This title also includes a powerful 12-minute hypnosis sleep booster track.

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