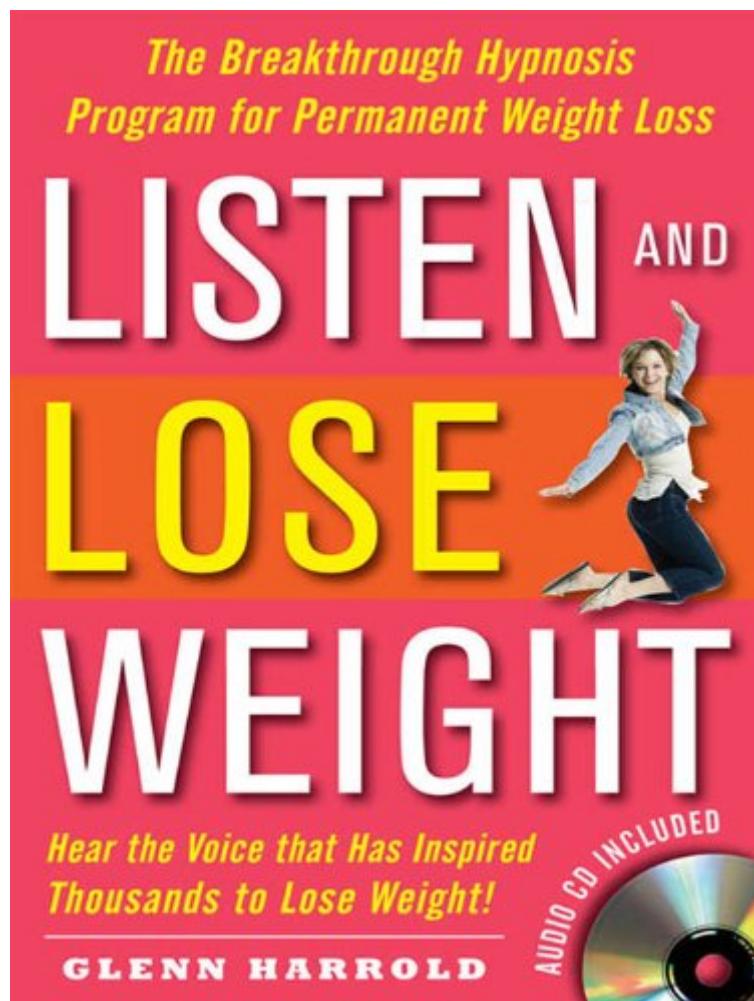


The book was found

Listen And Lose Weight



Synopsis

Glenn Harrold has sold more than 500,000 hypnotherapy CDs in the United Kingdom since 1997. In the United States, he is a constant bestseller on Audible.com, with more than 25,000 downloads in the last 12 months, and is consistently in the top 20 on iTunes™ audiobooks chart. Harrold teaches readers to harness their own brain power to abandon unhealthy eating habits.

Book Information

File Size: 590 KB

Print Length: 176 pages

Simultaneous Device Usage: Up to 4 simultaneous devices, per publisher limits

Publisher: McGraw-Hill Education; 1 edition (November 18, 2007)

Publication Date: November 18, 2007

Sold by: Digital Services LLC

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Enhanced Typesetting: Enabled

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Customer Reviews

I've tried several self-hypnosis CD's, and I like this one best. It is by far the best technical production, possibly because Mr. Harrold has a background in the music business. Furthermore, he is so likeable. I cannot suppress a smile each time he says, "So, ready now..." I'm also fond of "On no account should you listen whilst driving." Seriously, he takes me into trance very slowly and carefully, with lots of reinforcements. Worth every penny, because I have lost a good deal of weight and this CD has helped me.

Have been using for about two weeks. You have to be open to relaxation and willing to accept

suggestion. I chose to customize the 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 run 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 surrounding. 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 adjust 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, especiaaly 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 sucessful 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.

I ordered this book and CD set last year and have been very successful in losing weight. The weight seems to just drop off quickly and easily and it has been fun to keep going with the process. I continue to listen every now and again to reinforce the informaiton I learned from the book and CD. I would recommend this set to everyone who is serious about weightloss. It worked wonderfully for me. I have been a big fan of Glenn Harrold's work ever since my first purchase of one of his other CD's. His voice is very soothing and relaxing. His technique works very well for me and I would recommend his work to everyone.

Glenn Harrold wants "ta MO-TEE-VITE" you "ta lose wite." Other than recording an accent that makes the hypnotist sound like Jason Statham's nicer brother, the cd does what it says it will. It will definitely help you "ta lose wite."

I can't fairly rate the product as the CD that was supposed to be included was missing. I returned the product right away so can't give it a rating. Buyer beware that the CD could be missing if buying from this seller.

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