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Play Great Golf

By Glenn Harrold

DIVINITI PUBLISHING, United Kingdom, 2002. CD-Audio. Condition: New. Language: English . Brand New. A superb high quality hypnosis CD by Glenn Harrold combining powerful hypnotherapy techniques with state of the art digital recording technology. It will help golfers of all standards to develop a strong mental focus and play consistently great golf. The CD includes modelling techniques and many post hypnotic suggestions to help the listener develop great timing, judgement, and self-belief. On both 30-minute hypnosis tracks Glenn's calming voice will guide you into a completely relaxed state of mind body. You will also hear hypnotic echoed background affirmations panning from left to right across the stereo range and subtle background sound effects recorded at certain frequencies and in specific keys to enhance the deep relaxation effect. In this very receptive relaxed state, you will be given a number of post hypnotic suggestions and carefully layered affirmations to help you play great golf every time. This deeply relaxing method of delivering multiple suggestions simultaneously to the unconscious mind can facilitate positive changes very quickly. At the end of each track you will be gently brought back to full waking consciousness with a combination of suggestion and music. There are also a...



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