



Overcome the Fear of Flying

Glenn Harrold

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You will overcome fear and anxiety around flying when you listen to this superb high quality hypnosis CD by Glenn Harrold. Creating a positive attitude towards travelling by plane is easy when you know how. Hypnotherapy can help you to develop a very positive outlook that so that you feel completely relaxed on all future flights. On the CD there are powerful techniques that will help you to feel secure about flying in a safe and natural way, free of any harmful side effects. This common fear is purely a state of mind and overcoming the fear of flying phobia is very important in this day and age of easy travel. Glenn Harrold has successfully helped thousands of people overcome their fear of flying. Both tracks have been designed to help you let go of anxiety and to overcome your fearful perception of flying by using powerful desensitisation techniques and post hypnotic suggestions. For optimum results you should alternate between track 1 and 2 on a daily basis leading up to the day of your next flight. You should start this ideally 2 or 3 weeks before your flight date. The CD features two 27 minute hypnotherapy sessions. On both tracks you will hear a pleasant voice guiding you into a deep state of mental and physical relaxation. Hypnotic echoed background vocals pan from left to right across the stereo range. This deeply relaxing and unique effect will help you to relax further into the hypnotic trance state. You will also hear some 60 B.P.M digital sound effects and powerful subliminal suggestions that compound the therapeutic effect, leaving you to experience a deep feeling of inner peace and natural calm that will stay with you.

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