



Stress Relief ...Gain Relief from Stress Related Conditions (Lynda Hudson's Unlock Your Life Audio CDs for Adults and Teenagers)

Lynda Hudson

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Are you feeling OVERWHELMED BY THE STRESSES AND STRAINS OF EVERYDAY LIFE? This self help hypnotherapy CD / Download for adults and older teenagers might be just what you need. It helps you RELAX COMFORTABLY AND CALMLY and directs you how to USE ALL YOUR SENSES TO LET GO OF TENSION. Learn techniques to SEE THINGS FROM A CALMER PERSPECTIVE, Use your imagination to UNRAVEL KNOTS OF TENSION and then CHANGE YOUR NEGATIVE INNER DIALOGUE. Finally, receive powerful suggestions to help you cope more effectively with your daily life and then visualise yourself handling things far more positively and appropriately in your personal situation. This SUCCESSFUL APPROACH is based on natural, safe, sound hypnotherapy principles: act out each positive step in the imagination and dramatically increase the chance of success in the real world. Lynda's gentle, English voice calms and re-assures as she gives suggestions for boosting confidence and self esteem. As a former teacher and clinical hypnotherapist of many years standing, she has helped thousands of people world-wide through her CDs and downloads. She has featured in the press, TV and radio and is author of two widely acclaimed books on hypnotherapy with children and adults. This recording uses state of the art technology with layered voices panning from left to right and is particularly effective when you listen on headphones. Regular listening is the key to success!

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