

Cool, Calm, Collected And Confident Mp3

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Control and reduce anxiety while increasing your confidence and motivation. Preparation for events e.g. speeches and exams. Enhance your calm control of yourself and your life while increasing your confidence. Control and reduce your anxiety with this calming recording while increasing your confidence. Feeling a lack of confidence in one area of your life can easily have an effect on other areas of your life. Problems at work because of a lack of confidence can make you worry, so you are not as happy at home as you know you should be, and vice versa. It can be incredibly frustrating when you know you could do something if only you had the confidence. Simply improving your confidence in the area of difficulty will improve your feeling in every area of your life. The difference feeling strong confidence can make to your life is astounding. No longer will you worry about being in different situations and among different people. No longer will you have to worry about that presentation or performance. Simply listening to this recording a few times a week while relaxing, will allow the positive suggestion to flow into your subconscious mind, encouraging you to feel cool, calm, collected and confident in any situation. Whether you are at work, at home or in a social environment It's only a few small changes that are needed to make a big difference.

Anxiety Reducing Tip: when your heart is beating quickly and your body is producing too much adrenaline you feel anxious, if you control that adrenaline production then you calm down. This is simpler than it sounds. You just need to control the body's fuel supply, your oxygen intake. Simply take slow deep breaths. In for the count of four, hold for a second, and then slowly breathing out to the count of seven. Repeat several times while focussing on the breathing. Perhaps visualising a place where you feel perfectly calm and tranquil. Every recording is made to a high standard using professional sound equipment. The voice you will hear is that of hypnotherapist Christine Hines, who is also trained in classical voice production. The music we use on each recording is especially scripted at 60 beats per minutes to ensure deep relaxation. This will generate what is commonly referred to as the Mozart effect of easy focus and complete calm. Please do not listen to the MP3 while driving or operating heavy machinery.

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