

Mp3 Gale Glassner Twersky, A.c.h. - Relax, Release & Dream On, Hypnotic Guided Imagery For Relaxing, Releasing Negative Emotions And Sleeping Peacefully

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Healing Hypnotic Guided Imagery: Healing Relaxation, Releasing Negative Emotions, Peaceful Sleep, Positive Affirmations, Self-esteem, w/ soft music during and 30 min.after spoken words 3 MP3 Songs
SPOKEN WORD: Inspirational, NEW AGE: Relaxation Show all album songs: Relax, Release Dream On, Hypnotic Guided Imagery for Relaxing, Releasing Negative Emotions and Sleeping Peacefully Songs
Details: Gale Glassner Twersky A.C.H., Ct. H.A., is a HypnoCounselor, certified in Advanced Clinical Hypnotherapy, featured speaker and President of Glassner Associates Hypnosis for Personal Growth and Wellness, associated with the Healing Zone, an integrative wellness center in Montclair, NJ. In 2002, Gale authored Relax, Release and Dream On, which became in 2004, the prototype for her current Nightingale-Conants "Top Selling" 9 CD series "Reprogram your Subconscious: How to Use Hypnosis to Get What You Really Want." Additionally, since 2001, Gale has been writing an informative column on hypnosis for Montclair Life and Leisure newspaper. Furthermore, Gale who is certified in teaching public speaking, has been a featured motivational speaker and a stress management seminar leader for many years. I listened to Gales Relax, Release Dream On CD instead of taking my regular sleep help product, Zolpidem. I found I was able to sleep within ten minutes, the same as with Zolpidem, except when I awoke in the morning, I actually felt better as if I had a more relaxed sleep. My wife said I didnt toss and turn when I used Gales CD as opposed to frequent tossing and turning during my sleep that was Zolpidem induced. Prior to the Relax, Release and Dream On CD, Zolpidem was the only thing thats ever worked for me. J .W. Montclair, NJ

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