

Mp3 Janet Montgomery And Jeff Gold - Live Well

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Soothing music together with proven techniques for managing stress will transport you to a place of ultimate peace and calm. 7 MP3 Songs NEW AGE: Relaxation, NEW AGE: Healing Details: Certified Hypnotherapist Janet Montgomery brings you proven techniques for managing stress in this relaxing "Guided Imagery" CD. Her soothing voice, accompanied by the mellow sounds of Jeff Gold's instrumental music, will transport you to a place of ultimate peace and calm. As you relax and put everyday thoughts and responsibilities aside for a while, your brain waves slow down to prepare you to sleep, which allows access to the deeper parts of your mind, where the desired information needs to go. A deep state of relaxation is the ideal place to affect behavioral change. When intentions are instilled at this level, they become indelible in our psyche. This is the science of hypnosis, and the aim of this CD is to aid you in the process of Self-Hypnosis, through "Guided Imagery". You can do this anytime you want, It's not hard work. It's a gentle and effective approach to re-program yourself, to improve your ability to cope with your stressors...and to Live Well. Janet Montgomery is a Certified Hypnotherapist who graduated with honors from the Hypnosis Motivation Institute. She received the Directors award for Remarkable Performance Achievements During Professional Training. Janet uses guided imagery, neurolinguistics, voice dialogue, time line therapy and goal setting assignments in her hypnotherapy practice. Janet works with stress, anxiety, fears, phobias, weight, smoking, goal setting, pre and post surgery preparation, pain management, tinnitus reduction, sexual relationship enhancement, behavior modification, procrastination and many other self improvement issues. Janet is also a staff hypnotherapist at the Porter Ranch Medical Center and is a participating provider with Blue Cross Healthy Extensions and Ameriplan. Certified by: The American Hypnosis Association The American Board of Hypnotherapy Member of: The National Guild of Hypnotists The International Hypnosis Federation The American Tinnitus Association The Interstitial Cystitis Association People who are interested in should consider this download.

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