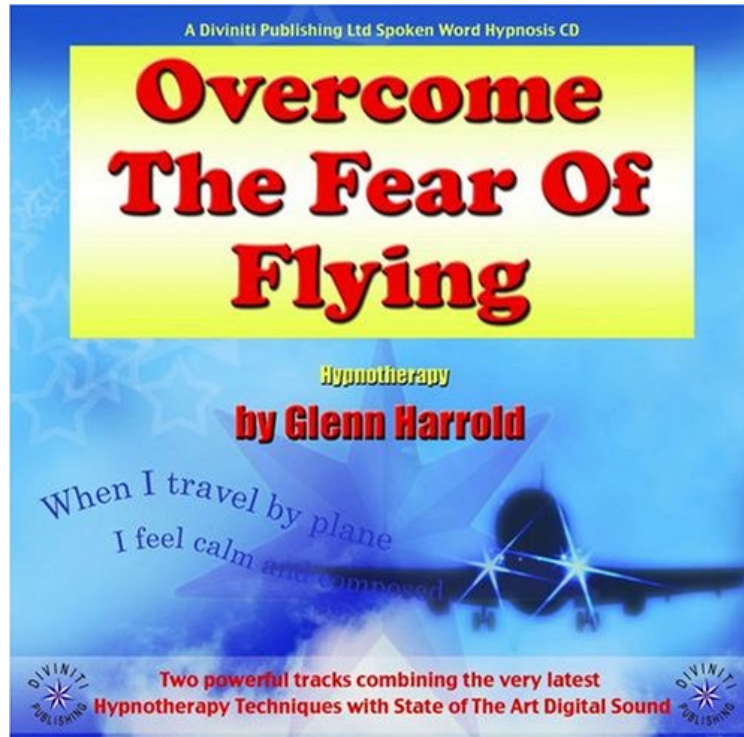


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Overcome the Fear of Flying

Glenn Harrold

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Glenn Harrold : Overcome the Fear of Flying before purchasing it in order to gauge whether or not it would be worth my time, and all praised Overcome the Fear of Flying:

1 of 1 people found the following review helpful. It really works! By Cushlife I have to agree with the other positive reviews. This cd really, really helped me! I listened to it every night for a couple of weeks before flying last March, and I was able to fly with very little anxiety! For me a big part of my fear of flying has to do with thinking about it ahead of time (imagining scary things), and this usually prevents me from even planning a trip that involves travel by air. But after listening to the cds, I am much less afraid when I think of flying, and I was able to plan THREE upcoming trips, all involving flying. (I did change my plans in order to not fly on Friday the 13th though, so I guess I'm not 100% cured!) Anyways, if you are struggling with this issue, go ahead and give it a try! You should be open-minded to the possibility that it can help, and you should listen to it as many times as possible. 0 of 0 people found the following review helpful. Definitely helped By Linda Tittle I listened to this for two weeks before I was scheduled to fly and and felt my anxiety decrease. I also downloaded this app on my ipad and as soon as electronics were allowed, I listened to it and felt very relaxed my entire 3 hour flight. I can't say I no longer have any fear of flying, but I do feel more in control and the fear and anxiety is not as great as before. Definitely recommend it. 0 of 0 people found the following review helpful. Thanks to Glenn Harrold I now fly all over the ... By mjwot Thanks to Glenn Harrold I now fly all over the world! Just a bit of anxiousness!! Have him with me the whole time!! Thank you for giving me the freedom that flying gives me!!

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.

I listened to this CD 5 days (25 minutes each day) prior to my trip. I had the BEST flight ever! Considering I drove off the last time I was supposed to fly, leaving my husband to board a plane for Vegas by himself, I needed help! This was the absolute best! At first I hated the anxiety I felt listening to the CD. I got over it. I LOVED the flight, looked out the window, actually went to the bathroom. I had a drink on the flight because I wanted to not because I needed it! I came home from my trip and booked two more trips! The freedom is awesome. Go for it! Get CD at least 2 weeks prior to flying as recommended by author. A little more time than what I had can't hurt." -- (USA): A reviewer from Denver, CO USA "Miraculous! And I do not use the word lightly. I avoided flying until I was over 34 years old and only flew twice in the 20 years following. It was extremely unpleasant for me as I was in a state of near terror during the entire flight. The sweat poured off me. The only way I could manage it was with a prescription for Ativan, a powerful anxiety relieving medication that also makes you very sleepy -- not the greatest thing for running through an airport trying to make your connecting flight! A chance came up for me to go to Maui, HI and I just couldn't turn it down. Though I was skeptical, I bought Fear of Flying and played it every day for a month right up to the day before the flight. I am extremely happy to report that the three flights involved in this trip was drug-free and went smoothly, calmly, and, yes, enjoyably. Whenever we hit turbulence (and hit a lot of it) I would just lean back in my seat, touch my index fingers to my thumbs and recite some of the affirmations from the sessions. My favorite was "Not a care in the world." The calm of training sessions quickly returned. My wife sat next to me in utter astonishment. Believe it or not, later that week I suggested a helicopter tour of Maui. We didn't actually get to go because of bad weather -- but I was willing! If your results are even half as good as mine, you will be amazed. The results I achieved using Glenn Harrold's Fear of Flying CD is truly remarkable and, knowing what I now know, I would pay ten times the price and wait in line to do it! Best of luck to you. I know what you are going through." -- (USA): Rodney L. Merrill from Astoria, OR United States. "HELPED ME LEARN TO TAKE TO THE SKY!, I ordered this from , and had them ship it overnight. I was desperate. I listened to the CD for a good week or two faithfully every morning. Mr. Harrold takes you through the whole flight with a reassuring voice. Step by step through arriving at the airport, take-off, during flight and landing. I am not sure if it is the subliminal messages or the soothing talking, but it has made me alot calmer with flying. I also listen to the CD before and during the flight (except take-off and landing...you have to turn off everything electronic) but by then, I am calm enough to handle it. I still have my Klonopin handy when I fly, but this CD has allowed me to fly without having to actually take it. Thank-you Mr. Harrold. I also recommend his other true potential CD, it is a real pick-me-up." -- Source - About the Author Glenn Harrold (MBSCH Dip C.H) is a very experienced clinical hypnotherapist who has helped hundreds of clients with a wide range of stress related problems. He has combined his hypnotherapy skills with an extensive recording knowledge to produce this uniquely effective series of high quality hypnosis recordings. This powerful series has taken the UK by storm having sold over 200,000 in just 3 years, and are officially the UK's best selling self help series. Each recording combines powerful hypnotherapy techniques with state of the art digital recording technology.