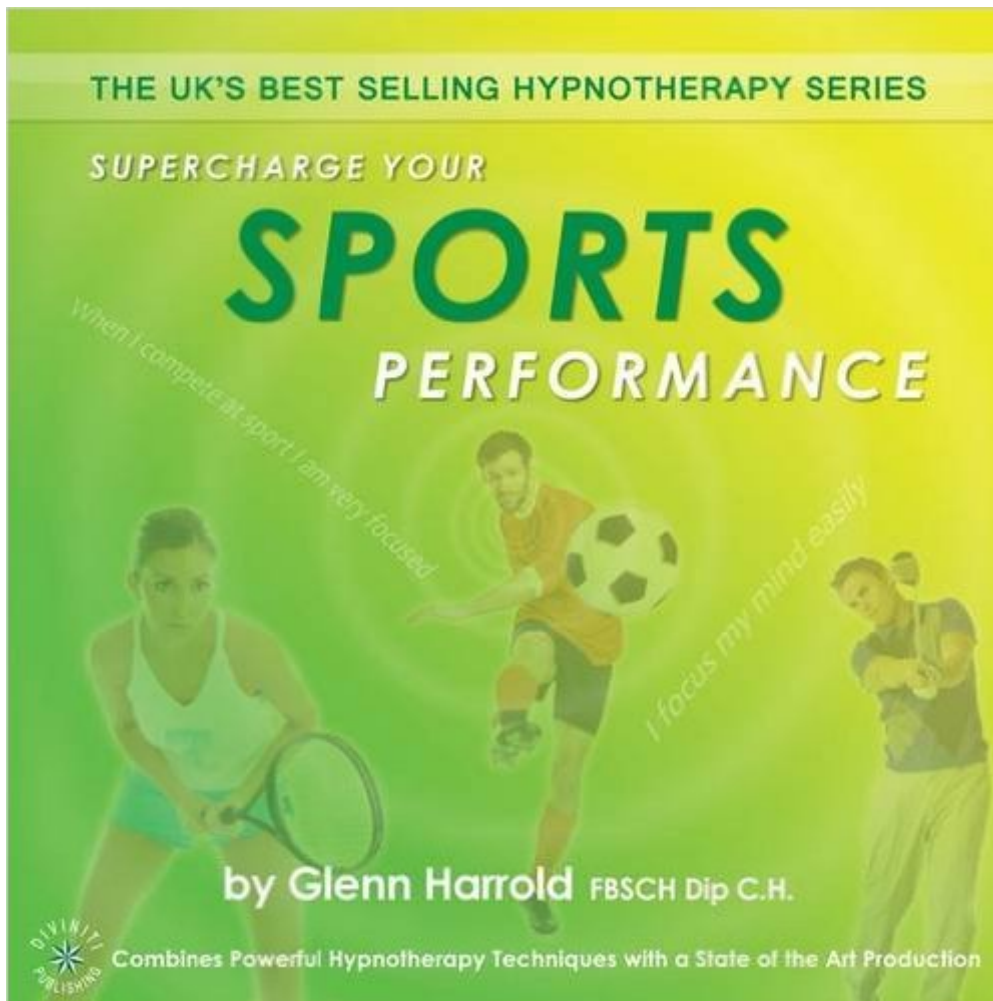


The book was found

Supercharge Your Sports Performance



Synopsis

Supercharge Your Sports Performance is a superb high quality hypnosis recording by the UK's best selling self-help audio author Glenn Harrold. Glenn's powerful hypnosis recording will help you achieve a peak performance state whenever you need to be at your best in any sporting event. Using the latest hypnotherapy techniques Glenn will help you prepare for any sporting activity or competition by using the power of your mind. The hypnosis session will help you focus your mind on being able to get in the zone and achieve a peak performance state whenever you engage in sport or compete at any level. If you have any kind of apprehension or anxiety when you play sport or even if you just want to improve the mental side of your game then this is the recording for you. It will help you perform well under pressure and eliminate fear or negativity. Preparation is the key to achieving sporting greatness and you will be amazed at how good you feel after using this recording. It can be used by amateurs and professionals in any sport. The recording includes two hypnotherapy tracks, the first one you can use in the daytime as it will guide you back to full waking consciousness at the end. The second track is identical except that it guides you into a sleep state at the end, which makes it ideal for using before you go to sleep at night.

Book Information

Audio CD

Publisher: Diviniti Publishing (March 10, 2011)

Language: English

ISBN-10: 1908321008

ISBN-13: 978-1908321008

Product Dimensions: 5.1 x 0.4 x 6.1 inches

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