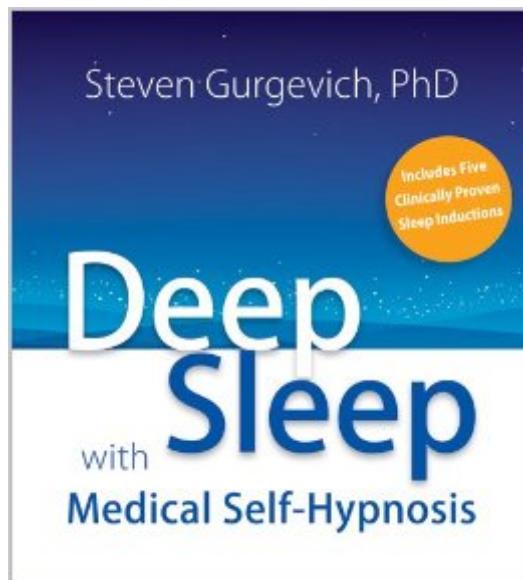


The book was found

Deep Sleep With Medical Self-Hypnosis



Synopsis

You counted sheep and drank warm milk-but you're still awake. Now what? On Deep Sleep with Medical Self-Hypnosis, Dr. Steven Gurgevich offers you an alternative solution: clinically proven mind-body techniques. This easy-to-use program will help you achieve a good night's sleep and wake up feeling alert, alive, and refreshed. With five guided trancework sessions, you will explore: --How to sink into slumber effortlessly with "Easy Sleep"--a simple induction that's as effective as a sleeping pill. --How to tap into the power of your imagination and subconscious mind to awaken with new solutions using "Creative Sleep" and the "Museum of Infinite Ideas". --"Healing Sleep" to call upon your body's inner wisdom for wellness. If you're tired of sleepless nights and groggy days, you're not alone. Now with Deep Sleep with Medical Self-Hypnosis, you can enjoy the fast track to restorative sleep through the power of your mind-body connection. Gurgevich, PhD. **WARNING:** Possible side effects of practicing the self-hypnosis techniques in this program include restful sleep, increased energy, and improved mental clarity.

Book Information

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Customer Reviews

It's always challenging to review self-hypnosis CD's because they are often a hit-or-miss proposition. They depend so much on the quality of the speaker's voice in addition to the specific content of the hypnotic induction-- what one person calls "soothing" another might find "grating." That said, the overall quality of these two discs is excellent and they achieve their promised results. Like other reviewers, I, too, didn't even hear much of the program the first time I used it because I fell asleep. That in itself is testimony to its effectiveness. I had to listen to the CD's during the day to

actually hear what he said so I could write this review. It is very clear that Dr. Gurgevich has better insight and empathy for his listeners than many other hypnosis practitioners. He addresses the common concerns of people with sleep issues. He understands that sometimes voices can disturb someone, as can room noises, as can the mind's natural resistance. He notes the value of closing your eyes (and turning off lights or TV) because visual stimulus keeps the brain awake. Here are some specific aspects of this program that differentiate it from typical relaxation/sleeping discs. 1. Dr. Gurgevich uses short but effective inductions. He doesn't do entire body relaxation scans (which can actually make anxious folks more anxious) but confines his inductions to simple breathing and thumb/finger exercises. Short and sweet-- and powerful. 2.

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