



Build Your Self-Esteem

Glenn Harrold

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A high-quality hypnotherapy program that combines powerful hypnotherapy techniques with state-of-the-art digital recording technology.

Includes a pleasant voice guiding the listener into a completely relaxed state of mind and body and 60 BPM digital sound effects and powerful subliminal suggestions. *Build Your Self-Esteem* will help listeners develop strong inner beliefs and learn how to express themselves clearly and confidently. After listening to this powerful program, you will automatically feel more assertive and self-assured at all times, and you will develop an inner peace and self-respect that will grow stronger.

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