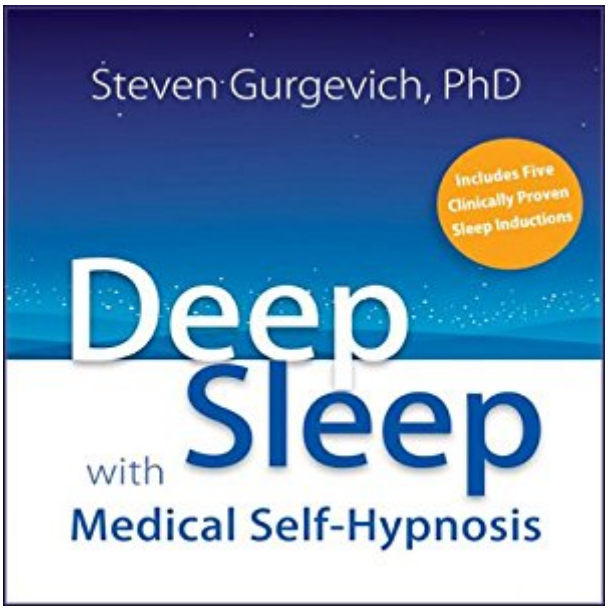
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Deep Sleep With Medical Hypnosis: Find Restful, Restorative Sleep - Naturally



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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 andsubconscious 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. --This text refers to the Audio CD edition.

Book Information

Audible Audio Edition
Listening Length: 2 hoursÃ Â andÃ Â 20 minutes
Program Type: Audiobook
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Publisher: Sounds True
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Best Sellers Rank: #231 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders #242 inÃ Â Books > Self-Help > Hypnosis #1536 inÃ Â Books > Health, Fitness & Dieting > Alternative Medicine > Healing

Customer Reviews

Having found others’ reviews so helpful in choosing something to help with insomnia (trouble both falling asleep and staying asleep accompanied by anxiety and depression - decades long, off and on), I did want to enthusiastically recommend this 2 cd set. I have not previously had much success with self-hypnosis, and I found this cd very easy to follow and for the first time in weeks, my mind was peaceful (this is a huge change) and I felt more rested, even though I still had interrupted sleep. There are 5 tracks, the last one being "Deep sleep" and the one most helpful (I am not particularly

interested in lucid dreaming, which is another track, e.g.) My husband, who also has serious sleep issues, found his voice soothing enough that he fell back asleep without actually paying attention to what was being said.

Having watched Dr. gurgevich PhD on you tube I looked for his program on and was very pleased to receive not only his program on self-hypnosis, but "Music to Change Your Brain" 4 wonderful CDs by Dr. Jeffrey Thompson! I use Dr. Gurgevich's program now by heart and it enables me to relax and then sleep! This is an excellent buy and I would have given it 5 stars except it has plastic devices in the middle of each CD that hook onto the CD, which I was not aware of and consequently I broke one of the CDs trying to remove it. Perhaps due to my unfamiliarity with a new form of packaging multiple CDs? This was refunded by the company immediately!

This is a really great CD. I occassionly have some issues falling asleep and this CD does the trick. It helps you "sort" your problems away and really relax. I have another CD my the same person for weight loss issues and it works great as well.

I have several of Dr. G's hypnosis CD's, and I find him to be very trustworthy and compassionate. This 2-part CD set has several trance sessions (healing sleep, creative sleep, etc) so there's bound to be one to fit each potential buyer. I highly recommend Dr G's CD's.

What can I say? It works and that's what counts. His voice is a little different, but I got used to it and it's not a problem.

I tried 4 times to use it, but never was able to go to sleep

Wasn't what I was looking for...Great if you want to learn self-hypnosis as a career..I just want to go to sleep.

It seems to have worked for me.

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