



Preparing for Pregnancy: Prepare Your Mind and Body for the Amazing Journey of Conception

Janey Lee Grace, Glenn Harrold

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CD 1 Creative Conception An inspirational recording by Janey Lee Grace, which will help anyone endeavouring to become pregnant to look at the various ways they can prepare themselves for this wonderful journey into motherhood. From nutrition and lifestyle changes to seeking help with the various aspects involved in conceiving a baby. Janey is a mother of 4 young children and a patron of the Association of Breastfeeding Mothers. CD 2 Relaxation (Reducing stress levels to help you conceive more easily) A high quality hypnotherapy track by Glenn Harrold combining powerful clinical hypnotherapy techniques with state of the art digital recording technology. On this CD you will be guided into a wonderful state of mental and physical relaxation and given many post-hypnotic suggestions to help you prepare your mind and body for conception. At the end of the recording you will be gently brought back to full waking consciousness with a combination of suggestion and music. The highly successful Glenn Harrold hypnosis range has sold over 500,000 units and is well established as the UK's best selling self-help CD series of all time. This new double CD is one of three titles in a range of pregnancy CDs by Glenn Harrold and Janey Lee Grace to benefit mums-to-be & new mothers.

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