

# GLENN HARROLD

## CELEBRITY ENDORSEMENTS



*"Feels good to wear headphones and listen to Glenn Harrold's Complete Relaxation."*

**Lindsay Lohan - Actress & Recording Artist**



*"What sets Glenn aside from other hypnotists is that he firstly listens to what it is you want to achieve and then begins to dig deep to understand the root of the problem rather than automatically blaming it on childhood experiences, which I have found other hypnotists do."*

*"I have found Glenn to be extremely engaging with a likable and calming nature. He has a way of making you feel at complete ease even when you are talking about a difficult subject. Most importantly Glenn has delivered, and for me that is the icing on the cake!"*

**Jacqueline Gold - Chief Executive, Ann Summers**



*"I LOVE meditating. I listen to a guy named Glenn Harrold, he's the best!"*

**Nick Carter - Musician & Recording Artist**  
**The Backstreet Boys**



*"Sleep doesn't come easily to me... I have too much of an active mind that never seems to want to switch off, so the only way I can get off to sleep is by using a meditation app. I've found a really good one by Glenn Harrold and it works every time."*

**Naomie Harris - Actress**



*"One of my favourite ways to fall asleep is with this deep sleep meditation from @glenn\_harrold. It's only 20 minutes, and even though I've done it about a hundred times, I still can't tell you how it ends! It's really relaxing and it works."*

**Lucy Davis - Actress**







*"I did feel pretty rough for a few days (after my hypnotherapy session with Glenn) as my body was missing the sugar, but that soon passed and I feel I'm finally free of my sugar cravings and chocolate addiction! I tried a piece of chocolate to see what happened and it tasted horrible!"*

**Andrea Mclean - GMTV & Loose Women**



*"When it comes the the power of the sub-conscious mind, Glenn Harrold is the man. He is the UK's best-selling non-fiction audio author and for good reason. His books and audio CDs/downloads have helped hundreds of thousands of people all over the world. If you allow him into your world, you won't regret it!"*

**Jason Vale - The Juice Master**



*"I have manifested many things in hours only listening to these meditations. Extremely grateful to Glenn for many things I have manifested in my life. Thank you so much!"*

**Krissann Barretto - Actress**



*"Glenn is refreshingly real. He's kind of 'rough and ready made good' and his honest approach to setting goals, tips to de-stress and take control of your own life really ring true. The book comes with an excellent audio CD too. Perfect for anyone who is put off by seemingly smug self help gurus. Glenn is the real deal"*

**Janey Lee Grace - Co-presenter The BBC 2 Steve Wright Radio Show**



*"If you guys are looking for a good app I've downloaded so many and the one I always go back to is Relax & Sleep Well by Glenn Harrold... he has the best voice ever!"*

**Carli Bybel – YouTube Superstar**



*"I'm big fan of your app. Started with just the free sleep audio and now I'm about 8 packages in. I just make a playlist and play it while i sleep. Happy to share your work as it has been beneficial to me so many ways!"*

**Peter Frank - American Idol, Actor**







*"Thank you for your Solfeggio apps. I have them all, have used them consistently for 2 years, and they have greatly improved my life in so many ways."*

**Natasha Slayton - Singer & Actress**



*"I'm so happy to have Glenn Harrold as my friend. His work offers a wonderful mix of mystery, talent and genuine love. In fact, I reckon that Glenn is Britain's best kept secret. Who knew that he was a multi-million selling author and recording artist? With his humble ways and his ability to act normal in a crowd, you wouldn't guess it. But I bet either you or someone you know has been boosted by one of Glenn's many books, apps or recordings. And if you haven't yet been soothed by Glenn, I urge you to seek his work out... Everyone could do with a little more Glenn and a lot less stress in their lives!"*

**Shazzie - TV Presenter and Author**

## MEDIA REVIEWS

**prediction.**

*"Glenn Harrold gets our gold star this month. Glenn is a huge inspiration after overcoming his own life struggles to achieve success by helping others, and is one of the most selfless, lovely people we have ever had the pleasure of working with."* **Prediction Magazine**

**women's  
fitness**

*"I can honestly say that the effectiveness of Glenn's methods absolutely shocked me. I had entered the room as a sceptic and was blown away"*

**Carole Marsh - Women's Fitness Magazine, May 2009**

**TIMES**

*"Hypnotic heartbeat paced sound effects and heavenly music lull you into a relaxed state and boy do they work"*

**Complete Relaxation CD review by Christina Hardyment**

**Telegraph**

*"I was startled by the effectiveness of this self-hypnosis audio"*

**Sophie Campbell - The Sunday Telegraph**

**LONDON  
Lite**

*"Then he hypnotised me, which basically meant getting me into the most relaxed state I'd ever known. Half an hour later I came round thinking I'd had my eyes closed for 10 minutes. I felt amazing!"* **Humfrey Hunter - London Lite**



*"The effects (after using Glenn Harrold's Deep Sleep CD) weren't instant because of the buzz of trying something new. But since then it has worked. The major change is how I react to being woken up.*

*I wake up but I don't have all the anxiety, anger or tension I used to feel. I just go back to sleep again. I haven't taken Night Nurse in three months. That's unheard of for me."*

**Steven Shukor - BBC News**

*"I apply rigorous scrutiny to any self-help initiatives brought to my attention. There are some excellent programmes available – and some that are outstanding. In my opinion the Glenn Harrold series are outstanding - everything about them stands up to scrutiny... of particular interest to me at present is the Solfeggio Meditations.*

*I have personally tried this product for 6 months and I have to say it does what it says on the tin – a deep calm relaxing state that allows you to sow seeds of recovery.*

*I cannot praise Glenn Harrold enough and it is no wonder he is the number one self-help resource in the United Kingdom. He is indeed a light for many people in a dark tunnel; a source of self-empowerment and is by your side 24 hours a day – his relaxing voice is just a CD away!"*

**Dr Francis Teeney - Psychologist at Queen's University Belfast  
Research Fellow at the University of Aberdeen and MD of Mickel  
Health Initiatives.**

*"Thanks for the important work you are doing. I'm glad Glenn decided to use hypnosis for healing rather than entertainment. His recordings are phenomenal!"*

**Dr. Marilyn Shank PhD, USA**

*"Glenn Harrold is amazing! I have worked in the health and spirituality business for years and have listened to quite a few guided meditation and hypnosis audios. Till now, I have never engaged in such energizing and healing experiences as I have with Glenn's work. I recommend his audios to all my clients and students."*

**Darrin Owens - Author of Reader of Hearts**

*Dear Glenn, I'm not really one to write such messages but I've been using one of your CDs now for a week and I have to say it has made an incredible change in my daily life. I'm a long term sufferer of depression and anxiety and currently going through a bout of severe depression. Whilst "one week's use" has not solved all of my problems, my anxiety levels are certainly reduced. All I can compare it to is taking a large dose of valium without the horrible side effects and addiction! Thanks again!*

**Dr C.J.Lord D.Phil  
Staff Scientist - Toby Robins Breast Cancer Research Centre, London**

