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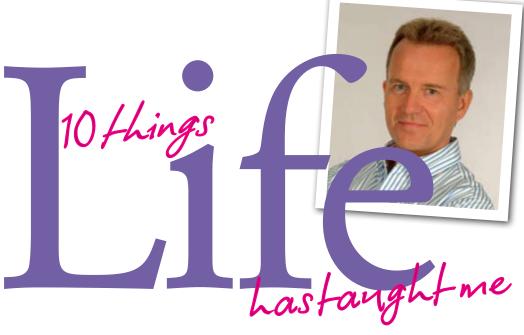
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Hypnotherapist Glenn Harrold turned his troubled life around to become the UK's bestselling self-help audio author. He's inspired thousands to change their lives

Life has taught me that change is inevitable, never more so than it is today. In our age of uncertainty I try to go with the flow as much as possible, stay on my toes and keep my mind open. I look at the ups and downs of my life as a natural part of my own personal journey.

Always believe that anything is possible. I began producing my first hypnosis tapes around 12 years ago from a box room in my tiny two-bed terraced house and I used to meditate every day, focusing on manifestation, so that they would sell in big numbers. Today my tapes, CDs and downloads have sold well over one million copies.

Remember to let yourself have fun and laugh a lot. Life can be heavy going at times so I always make the most of the good times. Laughing and having fun with people is the best therapy in the world.

Life's taught me to be bold and to push myself beyond my comfort zone. In recent years I have done a parachute jump, three fire walks, a glass

walk, a sweat lodge and three ayahuasca ceremonies. I love new challenges that help my spiritual evolution.

Don't believe in negative criticism. When I was just 12 years old, I slept on the streets. At 15, I was expelled from school and at the age of 17, I caught hepatitis as a result of my alcohol abuse. Selfhelp therapy helped me to overcome my childhood demons and eventually make a success of my life.

Keep learning and allow yourself to be open to new things. In my hypnotherapy practise, I once saw an 80-yearold man who had started a degree course and wanted help with recalling information. Total respect! I learned a lot about being a positive person from him.

A healthy vegetarian diet along with lots of exercise, a positive mind set and a good night's sleep help to keep me young in mind and body. I am not always strict about it, but I apply the 80/20 rule. If 80 per cent of the time you get it right, you are doing okay.

Be honest and live with integrity. I haven't alwavs done that. especially in my misspent youth - when I was on first name terms with my local magistrate. But nowadays, I always aim to make integrity and honesty a priority.

Teach our children well - I once wrote a song with that title. My son is 22 and he is a great lad and I am very proud of him. I have always empowered him and taught him well and I reap the rewards from that now because we have a close bond.

Life has taught me to be generous and big-hearted with my time, money and words. I believe in the Universal law of abundance - what we give out will come back to us.

Meditation For Inner Wisdom by the UK's bestselling self-help audio author Glenn Harrold (£11.95, Diviniti Publishing). Visit hypnosis

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