

women's fitness magazine

Friday 1st May, 2009

Hello again sportsfans! As you all know, I have been dieting for just over 3 months now and as you can imagine, things were getting a bit tedious. To put it bluntly; I'm bored of chicken and want to eat ice-cream! It was starting to reach the point where it was becoming too easy to slack and slip back into naughty (although sometimes delicious), bad routines. So, in an attempt to kick start everything again and re-motivate myself, I was lucky enough to pay a visit to Glenn Harrold, a renowned NLP hypnotherapist and life coach.

Now, I have heard about things like this in the past but never done anything like it at all! I was actually quite sceptical and in a weird way, a little bit scared. BUT, I shouldn't have been. Glenn was sooooo nice and very friendly and put me at ease straight away.

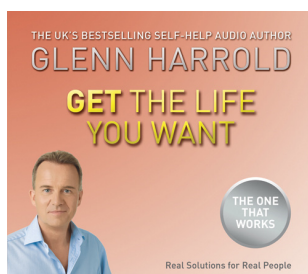
He started off by just talking to me, asking me about my weight issues, troubles and what it was I really wanted to achieve and it was easier to talk to him about these things than I thought it would be. Once the background was covered, it was time for me to reeelaax. So, I closed my eyes..... and giggled. I couldn't help it! It was a weird, instinctive, insecure giggle I suppose, but Glenn reassured me that this was normal so I took a deep breath and tried to focus on his voice.

It's hard to describe what then happened but I will try to put it in a way that you can understand. Having him worked his magic for ?? minutes (I should mention that when you are 'under' you have absolutely no concept of real time) I felt super relaxed, very heavy and kind of floaty at the same time. I realise that is a contradiction in terms but I think it describes it quite accurately. Your legs, arms and head feel physically heavy and sleepy, but inside you feel floaty and fluffy and strange. Mmmmmmm, it makes me sleepy just thinking about it.

What then happened, I am not going to go into toooo much detail about as it was quite personal but it was quite astounding! We managed to uncover things from my past that I didn't even realise were bothering me. It was a strange and emotional experience and even though at one point for me it was quite upsetting, at no point did I feel unsafe or scared.

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. Although it hasn't been that long, I feel amazing for it! I am looking at foods differently and actually wanting to eat healthier options. I have also found myself walking when I usually wouldn't, especially on the tube in the morning (Which I never do!) As I said before, I went in as a sceptic but I would thoroughly recommend him to anyone.

If you are slightly wary or unsure, he has a really good book/CD out so I would urge you to give that a go and if it works for you then who knows what seeing him in person could do? I am going to see Glenn for a second time in a few weeks so will let you all know what happens and how it goes. Until then.....



Glenn Harrold - Get The Life You Want
(Orion Books, www.orionbooks.co.uk)
www.glennharrold.com