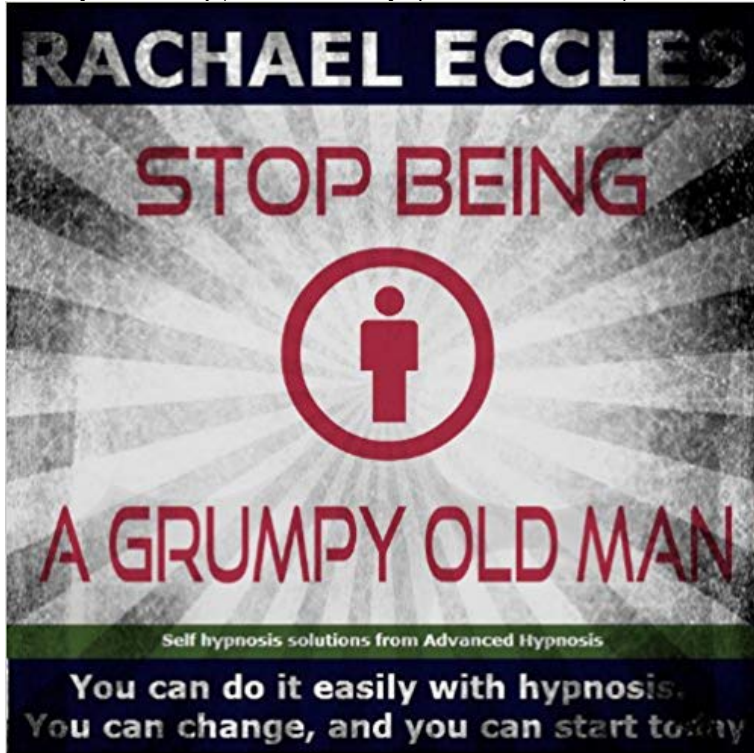


Stop Being a Grumpy Old Man, Self Hypnosis, Hypnotherapy CD



Stop Being a Grumpy Old Man, Self Hypnosis CD Grumpy old men of all ages can benefit from getting a grip on this debilitating syndrome. Regain the zest for life and be fun to be around! We all know the problem of the grumpy man syndrome and we want to help them overcome this debilitating and frustrating problem. Perhaps you are a grumpy old man yourself and are looking for a solution? Read on to identify the signs of this syndrome to see if this self hypnosis recording could help you: Are you easily snappy and short tempered? Do you get cross over pretty much nothing? Are you guilty of upsetting people around you because you are moody and/or insensitive? Do you complain about having to do chores, visit relatives or go on important shopping trips with your partner? These are the classic signs, but there are many more, such as watching too much TV, hogging the TV remote, complaining in restaurants, general selfishness and thoughtlessness. This self hypnosis recording is designed to alleviate these problems, resulting in a calmer more cheerful more positive man. It does not patronize, but guides you into a relaxed state where your subconscious mind is given suggestions to be calm, more relaxed and to not let things bother you to the same extent. More and more you just go with the flow, more open minded to new ideas. Listening to this CD just a few times should help to calm down stress, resulting in a more positive outlook. Suddenly people want to be around you. You (and others) may be amazed that you no longer complain and moan all the time, you see the funny side, you take things in your stride. The truth is, you can change. So when will you make this change? how about right now?

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