

# Thrive with Glenn Harrold

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## Synopsis

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author	Glenn Harrold
inLanguage	english

World leading hypnotherapist Glenn Harrold presents Thrive, a new podcast that discusses mindfulness, positive thinking, meditation, self-hypnosis and how to create a happy and abundant life, tying in with the latest topical material. If you are having trouble with anxiety, sleeping or stress, let Glenn guide you into a state of relaxation and let your worries melt away. With over 25 years of experience Glenn will provide you with the latest, most effective self-help techniques that you can try yourself at home. So why not start tapping into your subconscious mind today, transform your life and start thriving!

## Reader's comments

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