

Disclaimer:

This CD is not a substitute for medical diagnosis or treatment. Please consult with your medical practitioner for such issues. This CD is intended to relax you thus reducing the effects of stress on mind, body and spirit. Furthermore, it can promote a peaceful sleep.

Glassner Associates Hypnosis
for Personal Growth & Wellness

www.GaleGlassnerTwersky.com



*Gale with her
therapy dog - Maggie*

* **WARNING:** It's unsafe to listen to this CD while operating a car or machinery because your focus will be directed to the CD.

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From Top Selling Nightingale-Conant Author of
Reprogram Your Subconscious

Gale Glassner Twersky, A.C.H.

Relax, Release and Dream On
hypnotic guided imagery

*for relaxing mind & body, releasing negative emotions
and sleeping peacefully*

How can this CD help you? Read how *Relax, Release & Dream On* helped others:

Nothing else has worked for me before to get back to sleep after waking up, except for drugs. The CD really worked. This was after only my second listening of it.

A.L. Montclair, NJ

Gale uses her knowledge and wisdom mixed with sincerity and caring that generate extraordinary results. It is with total trust that I recommend Gale and her unlimited abilities in her field.

Bernard D'Avella President D&D Millwork Co, Inc. Belleville, NJ

I am a diabetic who was angry about being a diabetic. Since I have been listening to Gale's CD, I actually became a calmer and more "in tune with the world around me" person... and I can actually feel my body trying to heal itself.

Dordschi Muschajew Essex County, NJ

I credit the change in my demeanor and outlook to the hypnotic guided imagery CD conceived by Gale Glassner Twersky.

Lisa DuBow Colon Cancer Patient Advocate L.A., CA

Gale has the most soothing voice and a warm and caring personality.

L.C. Morris County, NJ

Gale's love and positive energy comes through with every tape/CD.

D.M.T. Wayne, NJ

I bought one of your CDs to help me sleep. It's one of the best methods I've ever used to help me fall asleep. At first I listened without falling asleep but still felt amazingly calm. By the third time I listened, I was asleep by the time I counted down to one. In the past NOTHING I tried helped. Now I am usually sleeping by 10 PM which for me is great. Thank you so much for doing what you do. God puts people like you on this planet for a reason.

Elsa Essex County, NJ



Suggested One Minute Exercise Before Listening to this CD:

Before listening to *Relax, Release and Dream On*, please follow these instructions for a short, one minute acupressure exercise that uses your pinky finger from one hand to tap on the skin between the other hand's pinky finger and the finger next to it, your ring finger.

This exercise helps overcome resistances that are due to negative mind sets which could interfere with your hypnosis. It is intended to be used at least for the first three times you listen to this CD if you're listening during your waking hours. However, this exercise is unnecessary for bedtime listening.

As you perform this tapping, say aloud the following sentences three times each:

It is possible; it is safe for me; and it is safe for others for me to relax into hypnosis.

It is possible; it is safe for me; and it is safe for others for me to release my stored negative emotions using hypnosis.

It is possible; it is safe for me; and it is safe for others for me to sleep peacefully using hypnosis.

I trust Gale as my facilitator to help me relax into hypnosis and guide me to achieve all the aforementioned.

Photography © Ginny Twersky Photography
Music © Gale Glassner Twersky, Composer David T. Arnold
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Gale Glassner Twersky A.C.H., Ct. H.A., is a HypnoCounselor, featured speaker and President of Glassner Associates Hypnosis for Personal Growth and Wellness, with offices in the Healing Zone, an integrative wellness center in Montclair, NJ. In 2002, Gale authored *Relax, Release and Dream On*, the prototype for her current Nightingale-Conant's top selling 9 CD series *Reprogram Your Subconscious*. Additionally, Gale writes an informative column on hypnosis for *Montclair Life and Leisure* newspaper. Furthermore, Gale, who is certified in teaching oral communications, has been a featured speaker and seminar leader for over 20 years.

This CD contains 30 minutes of Gale's hypnotic guided imagery and 30 minutes of relaxing music without any subliminal messages.

"I listened to Gale's *Relax, Release and Dream On* CD instead of taking my Zolpidem prescription for sleep. I found I was able to sleep within ten minutes, the same as with my regular prescription, except when I awoke in the morning, I actually felt better as if I had a more relaxed sleep. My wife said I didn't toss and turn when I used Gale's CD as opposed to frequent tossing and turning during my sleep that was drug-induced. Prior to the *Relax, Release and Dream On* CD, my prescription drug was the only thing that's ever worked for me."

J.W., Montclair, NJ



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