

Page 1

Logo

See Page 7 for exclusive special offer

MarkBowdenHypotherapy.com

Page 2

Contents

CD

Track 1: Daytime Recording - Use this track when you want to awaken feeling energised

Track 2: Bedtime Recording - Use this track when you wish to drift off to sleep after listening

Computer disc

Video: Introduction to your recordings and some added techniques that you can use

PDF: Reference document of things that you can do to accelerate your progress

MP3 versions: These are the 2 CD tracks in MP3 format so that they are ready to transfer to your computer to use with your favourite listening device

Page 3

How to use

The difference between the daytime and the bedtime version is the ending. There is no need to listen to both of these, the alternate endings have been provided for your convenience. Many people like to listen before bedtime and the feedback has been that they do not wish to be awoken "feeling energised" if they are going to go to sleep after,

Warning

Do not listen whilst driving or operating machinery.

British Airways Image

In partnership with British Airways Mark produced the first inflight hypnotherapy channel where a selection of his recordings have been made available on more than 30,000 flights worldwide

Page 4

Mark Bowden

Headshot Image

Mark is a qualified and experienced Hypnotherapist who practices in Plymouth & London. He is a member of the following professional governing bodies

2 logo's

Page 5

ABOUT MARK

Mark is passionate about people and sees Hypnotherapy as the most effective tool for positively impacting on our hugely powerful brains. As well as ensuring that his techniques and practices are at the cutting edge of the latest developments into the brain, he also has a huge amount of life experience, including leading operations in highly stressful environments in his previous work with the Serious Organised Crime Agency and the National Crime Agency.

EXPERIENCE & QUALIFICATIONS

Mark is a fully qualified and insured Solution Focused Hypnotherapist. His products and services assist over 30,000 people every year and have reached more than 20 different countries. He is the producer of the first inflight Hypnotherapy channel in partnership with British Airways. He has experience working with a wide variety of people including celebrities and high profile people. His client confidentiality is always of paramount importance.

Page 6

Frequently asked questions (if you could keep this set out for 5 or 6 FAQ's. I will look to add the actual content for these at another time

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Page 7

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Page 8

Logo, possibly an image of Mark Bowden

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