

Switch off the mindfulness way

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Synopsis

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Lynda's calming mindfulness meditations encourage a change of perspective. You relax deeply and focus on your breathing and learn how to choose when and where you pay attention to which particular thoughts. With practice you learn to detach from unwanted thoughts at inappropriate times, so you switch off the pressure of a frantic whirlwind of thoughts rushing through your mind. This change of focus helps you to simply acknowledge unwanted thoughts and feelings and then let them go with your breathing.

Regular practice results in less stress and less strident whirring of the mind and encourages more objectivity, more balance and more satisfaction in your life. Research bears out the value of mindfulness, which is now being taught not only as personal development but also in schools, the police, health-care institutions and the world of business as well. Lynda's gentle voice calms and reassures as she enhances the recording by adding hypnotic suggestions to achieve your aim and strengthen the positive overall effect.

As a clinical hypnotherapist of many years standing, Lynda has helped thousands of people worldwide through her CDs and downloads. She has been featured in the press and on TV and radio and is the author of two widely acclaimed books on hypnotherapy with both children and adults.

This recording uses state of the art technology with gentle music playing very quietly in the background as she speaks to you. Regular listening is the key to success!

Reader's comments

comment 1:

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