



# **Overcome Exam Nerves: Deal with Unwanted Nerves before an Exam or Test (Lynda Hudson's Unlock Your Life Audio CDs for Students and Adults)**

*Lynda Hudson*

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Do you or your child feel so anxious that you feel ALMOST ILL WITH EXAM STRESS? Or let yourself down in exams through PARALYSING NERVES? Here is a twin track self help hypnotherapy recording for adults and young people over the age of about fourteen years which might well put an end to all that stress! Gentle & relaxing, it gives POWERFUL SUGGESTIONS FOR CALM, CONTROL AND CONCENTRATION and also teaches VERY USEFUL EXAM TECHNIQUES to employ on the day. Listen to the longer track when there is time to relax, and listen to the shorter one when you have less time to spare and also on the exam day itself. This short track re-invokes the powerful suggestions, calms and concentrates the mind and body leaving you feeling calm and composed, yet bright and alert at the end. This SUCCESSFUL APPROACH is based on natural, safe, sound hypnotherapy principles: act out each positive step in the imagination and dramatically increase the chance of success in the real world. Lynda's gentle, English voice calms, re-assures as she gives suggestions for boosting confidence and self esteem. As a former teacher and clinical hypnotherapist of many years standing, she has helped thousands of children world-wide through her CDs and downloads. She has featured in the press, TV and radio and is author of two widely acclaimed books on hypnotherapy with children and adults. The recording uses state of the art technology. Regular listening is the key to success!



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