

# Prediction

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# Life

10 Things  
has taught me



Hypnotherapist **Glenn Harrold** turned his troubled life around to become the UK's bestselling self-help audio author. He's inspired thousands to change their lives

**1** Life has taught me that change is inevitable, never more so than it is today. In our age of uncertainty I try to go with the flow as much as possible, stay on my toes and keep my mind open. I look at the ups and downs of my life as a natural part of my own personal journey.

**2** Always believe that anything is possible. I began producing my first hypnosis tapes around 12 years ago from a box room in my tiny two-bed terraced house and I used to meditate every day, focusing on manifestation, so that they would sell in big numbers. Today my tapes, CDs and downloads have sold well over one million copies.

**3** Remember to let yourself have fun and laugh a lot. Life can be heavy going at times so I always make the most of the good times. Laughing and having fun with people is the best therapy in the world.

**4** Life's taught me to be bold and to push myself beyond my comfort zone. In recent years I have done a parachute jump, three fire walks, a glass

walk, a sweat lodge and three ayahuasca ceremonies. I love new challenges that help my spiritual evolution.

**5** Don't believe in negative criticism. When I was just 12 years old, I slept on the streets. At 15, I was expelled from school and at the age of 17, I caught hepatitis as a result of my alcohol abuse. Self-help therapy helped me to overcome my childhood demons and eventually make a success of my life.

**6** Keep learning and allow yourself to be open to new things. In my hypnotherapy practise, I once saw an 80-year-old man who had started a degree course and wanted help with recalling information. Total respect! I learned a lot about being a positive person from him.

**7** A healthy vegetarian diet along with lots of exercise, a positive mind set and a good night's sleep help to keep me young in mind and body. I am not always strict about it, but I apply the 80/20 rule. If 80 per cent of the time you get it right, you are doing okay.

**8** Be honest and live with integrity. I haven't always done that, especially in my misspent youth - when I was on first name terms with my local magistrate. But nowadays, I always aim to make integrity and honesty a priority.

**9** Teach our children well - I once wrote a song with that title. My son is 22 and he is a great lad and I am very proud of him. I have always empowered him and taught him well and I reap the rewards from that now because we have a close bond.

**10** Life has taught me to be generous and big-hearted with my time, money and words. I believe in the Universal law of abundance - what we give out will come back to us.

*Meditation For Inner Wisdom*  
by the UK's bestselling self-help audio author Glenn Harrold (£11.95, Diviniti Publishing).  
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