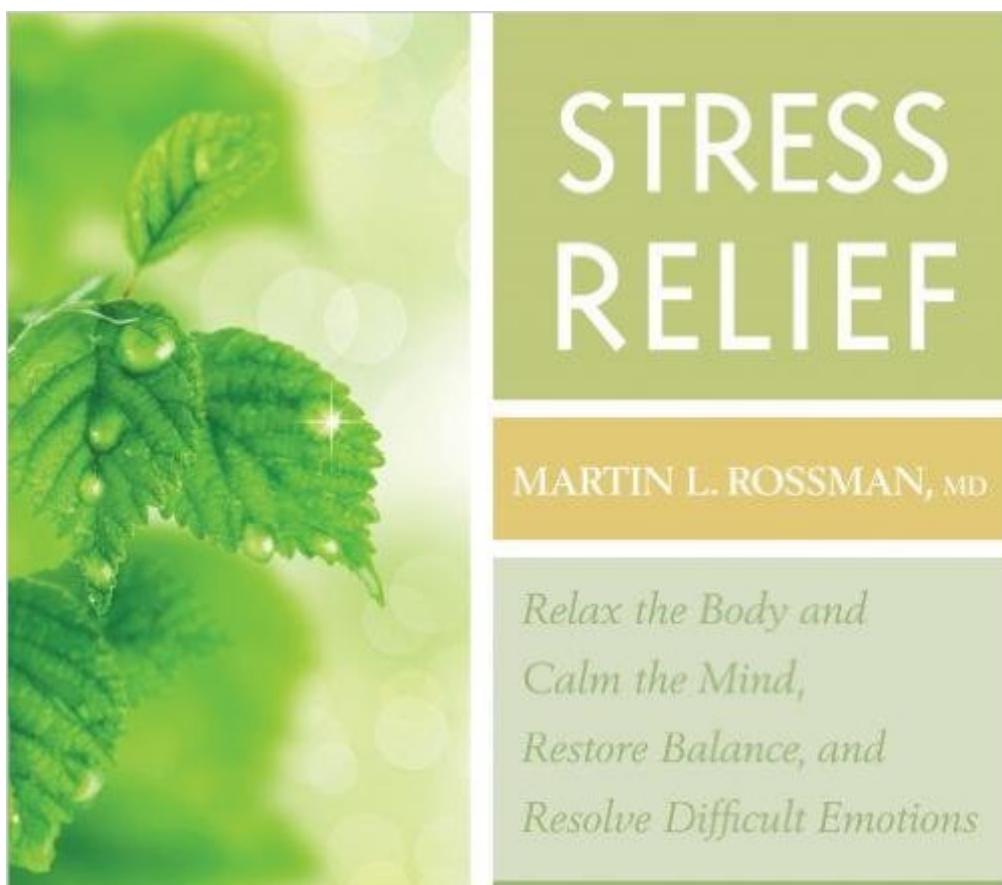


The book was found

Stress Relief: Relax The Body And Calm The Mind, Restore Balance, And Resolve Difficult Situations



Synopsis

Stress is a normal part of life, but too much stress can wear us out and lower our resistance. Listeners learn how to reduce stress with simple breathing techniques and guided imagery, so they can stay more relaxed and positive even in the midst of difficult circumstances.

Book Information

Audio CD: 1 pages

Publisher: Sounds True, Incorporated; abridged edition edition (April 28, 2010)

Language: English

ISBN-10: 1591797764

ISBN-13: 978-1591797760

Product Dimensions: 5.5 x 0.3 x 5 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ See all reviewsÂ (6 customer reviews)

Best Sellers Rank: #66,219 in Books (See Top 100 in Books) #7 inÂ Books > Books on CD > Health, Mind & Body > Fitness #27 inÂ Books > Books on CD > Health, Mind & Body > General #68 inÂ Books > Books on CD > Health, Mind & Body > Self Help

Customer Reviews

This really works if you put in the time, and it is very little time for the results. Makes a difference.

An excellent guided meditation CD especially for beginners.

I bought thinking it would help reprogram my negative thoughts,I woke up at end of each 20 minute segment.That was good I was relaxed I do not know yet if I amreprogrammed to stop thinking negatively.But I do feel different. I bought another CD and we will see.Overall it did relax me even for a short period and that was a BIG PLUS.The mind needs relaxation so the price was cheap.

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Anxiety Relief: Guided Imagery Exercises to Soothe, Relax & Restore Balance (Guided

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Positive Energy Balance and Calm: Adult Coloring Book Art Therapy for Grownups (Adult Coloring Books, Balance Coloring Book, Calm Coloring Book) (Volume 1) Creative Oceans Coloring Book:

Adult Coloring Book of Stress Relief Sea Animal Patterns and Designs (Ocean Coloring Book, Lost Ocean, Stress Relief Coloring Book, Anti Stress Coloring Book) (Volume 1) Overcoming Adrenal Fatigue: How to Restore Hormonal Balance and Feel Renewed, Energized, and Stress Free (New Harbinger Self-Help Workbook) The Mandala Coloring Book, Volume II: Relax, Calm Your Mind, and Find Peace with 100 Mandala Coloring Pages Fox Coloring Book: An Adult Coloring Book of 40 Stress Relief Fox Designs to Help You Relax and Unwind (Animal Coloring Books) (Volume 16) Cross-Stitch to Calm: Stitch and De-Stress with 40 Simple Patterns (Craft To Calm) Crochet to Calm: Stitch and De-Stress with 18 Colorful Crochet Patterns (Craft To Calm) Getting Past No: Negotiating in Difficult Situations Turn the Tide: Rise Above Toxic, Difficult Situations in the Workplace RELAXING Grown Up Coloring Book: Amazing Animals - For Relaxation, Meditation, Stress Relief, Calm And Healing Calm: Make Today Your Bitch the Epic Profane Adult Coloring Book: Swear Word finds Sweary Fun Way - Swearword for Stress Relief Clean Green Drinks: 100+ Cleansing Recipes to Renew & Restore Your Body and Mind The Gut Balance Revolution: Boost Your Metabolism, Restore Your Inner Ecology, and Lose the Weight for Good! The Mind-Body Code: How the Mind Wounds and Heals the Body Dealing With Difficult People: Get to Know the Different Types of Difficult People in the Workplace and Learn How to Deal With Them (How To Win People, How To Influence People) Difficult Conversations Just for Women: Kill the Anxiety. Get What You Want. (Similar to Difficult Conversations: How to Discuss What Matters Most and to Crucial Conversations but tailored for women) Difficult Decisions in Colorectal Surgery (Difficult Decisions in Surgery: An Evidence-Based Approach)

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