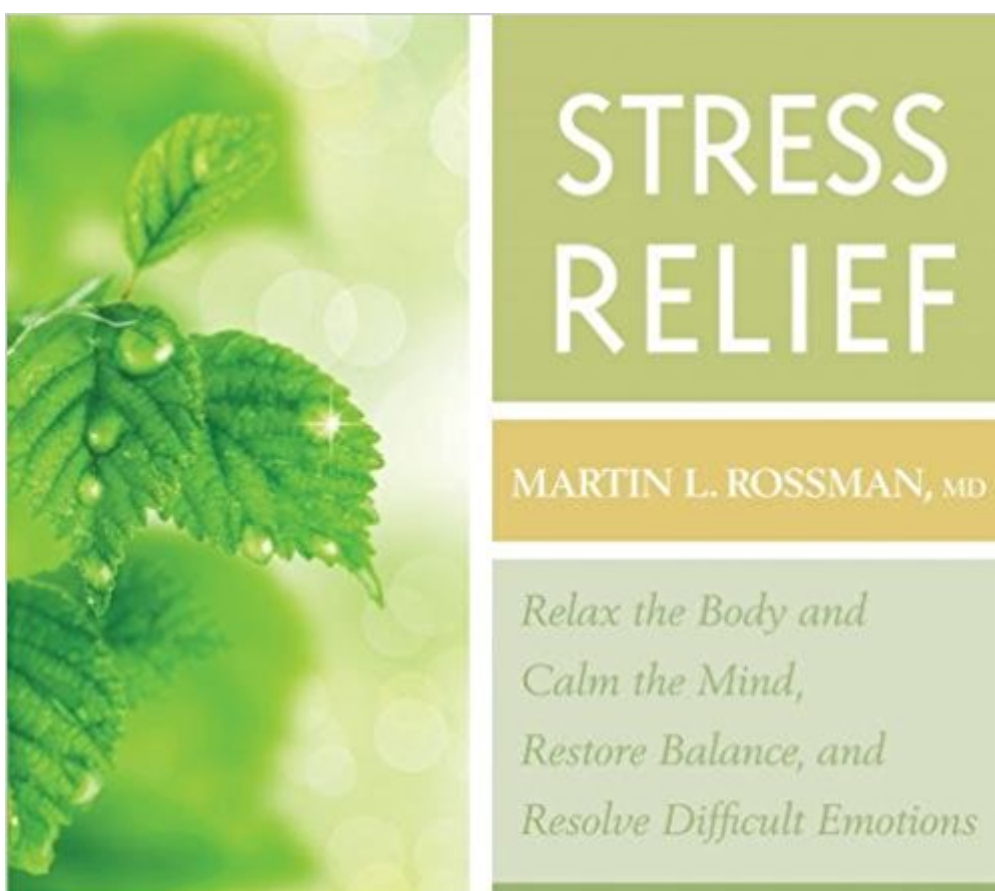


The book was found

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

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Product Dimensions: 5.5 x 0.3 x 5 inches

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

Average Customer Review: 4.6 out of 5 stars 10 customer reviews

Best Sellers Rank: #703,062 in Books (See Top 100 in Books) #59 in [Books > Books on CD >](#)

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Customer Reviews

Martin L. RossmanMartin L. Rossman, M.D. is a physician and acupuncturist who has practiced holistic medicine for over 30 years. He is cofounder of the Academy for Guided Imagery and the author of the award-winning Guided Imagery for Self-Healing and Fighting Cancer from Within.

OK

Excellent!

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.

This is a very good cd by Dr. Martin Rossman. Easy to listen to, educational without being an educational cd, and relaxing. I look forward to listening to it every evening during bed time. Fast

delivery

It is both relaxing and informative to listen to. I'm glad I have it.

Very relaxing and calming.

An excellent guided meditation CD especially for beginners.

Great cd for healing, thanks.

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Anxiety Relief: - Relax the Body- Calm the Mind- Manage Fear and Worry- Cultivate Positive Energy
Adult Coloring Books: Mandala for a stress relieving experience (mandalas, stress relief, reduce stress, coloring books, relax) RELAXING Grown Up Coloring Book: Awesome Philippines Relax Therapy - A Magic and Mindful Travel Adventure in Nature for Relaxation, Meditation, Stress Relief, Calm, Inspiration and Healing Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Difficult Mothers: Difficult Mothers Cure: Toxic Relationships With Narcissistic Mothers Understood And Overcome Forever! (Difficult Mothers, narcissistic ... absent mother, narcissist relationship) Calm colouring book: Adult colouring book with Easy flower designs and simple floral patterns for Stress Relief and Relaxation, Anti-Stress Colouring, ... Colouring Books of Adults) (Volume 3) The Calming Collection - Calm Mom, Calm Dad, Calm Child: Keeping Your Cool With Your Children, Your Family, and Everyone Else in Your Life The Adult Coloring Book for Coffee Lovers: A Meditation and Stress Relief Coloring Book for Grown-Ups (Humorous Antistress Coloring Pages and Zentangle Designs for Relaxation and Stress Relief) Relax into Yoga for Seniors: A Six-Week Program for Strength, Balance, Flexibility, and Pain Relief Heal Yourself with Qigong: Gentle Practices to Increase Energy, Restore Health, and Relax the Mind Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series) 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)

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