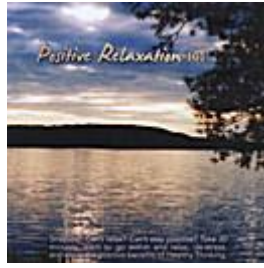


Positive Relaxation 101 (mp3 Album)



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A unique and powerful de-stress tool by Gisele Guenard, RN BScN MEd , Award-winning author of "Attract It. Beyond Positive Thinking". 20 minutes guaranteed to refresh, uplift relax you, and help you focus on what you truly want out of life. 8 MP3 Songs in this album (25:19) ! Related styles: NEW AGE: Meditation, SPIRITUAL: Inspirational People who are interested in Deepak Chopra Wayne Dyer should consider this download. Details: "I just listened to your CD again for the dozenth time. So revitalizing!" H.H., Marketing Coordinator, Alberta Your CD is awesome we are using it now in our Meditation Classes! C. Naubert, Co-owner The Tree of Life North 20 minutes of powerful guided meditation guaranteed to de-stress and help you with your own most important life-changing positive visualisations Gisle Gunard, a Masters educated Registered Nurse, and sought-after inspirational leader, has dedicated over 30 years to helping people, and leading positive change. Her calming voice and uplifting style are much-loved by her clients and followers. Blessed with a beautiful singing voice, and now playing the autoharp, she first created a recording to teach breathing techniques to expectant Mothers. Now, with Positive Relaxation 101, she has masterfully combined powerful relaxation, breathing, visualization and positive imagery to create a meditation experience like no other. This tool is all you need to completely decompress after a days work, before a stressful event, or when experiencing health challenges. It is ideal for use as a daily part of your wellness routine. I listen to it 3 times a day, says L.B., a young mom whose family is going through financial difficulty. It is helping so much, now my husband is listening to it too. It is ideal for use in group sessions as well. (Please contact Gisele for workshop ideas using Positive Relaxation 101) The disclaimer Not to be used while driving is for real youll see why. Gisle is the author of Attract It. Beyond Positive Thinking, now available world-wide. An award-winning leader, she is the first to come from the executive corner office, and speak out for effective thought strategies as key to real sustainable positive

change. Her favourite quote is Albert Einsteins You can only solve a problem by changing the thinking that created it. A wellness-oriented dynamic and provocative keynote speaker, she is an energetic facilitator, providing team-building and other organizational services Gisle is fluent in French and in English, was educated in Ontario and holds a Bachelor Degree in Science (Nursing) from Laurentian University, as well as a Masters' Degree in Education from the University of Toronto. She and her company, VisionarEase Inc. are strong supporters of positive change initiatives, including Women for Women International. visionarease.com

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