

# Mp3 Tracy Carreon - A Moment's Peace



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Here are the essentials for creating a personal stress reduction practice, with three powerful visualizations that invite you into a restful centered state where you are deeply renewed. 7 MP3 Songs  
NEW AGE: Meditation, SPOKEN WORD: Instructional Details: Enter now, into another world...where there is nothing to do, but simply be... A moment's peace can be so difficult to find these days. Yet, taking time to slow down and replenish our energy is essential for health and well-being. If you desire to reduce stress, create balance, and connect with a greater sense of peace, wisdom and joy, this beautiful audio is a gift you give to yourself. Enter, and be deeply renewed. Return, and find yourself ready to fully embrace life... and all of its moments. On this CD you will find the essentials for creating your own stress reduction practice: 3 guided visualizations meant to help you relax and renew, an introduction to stress reduction and guidelines for effective visualization. What listeners are saying: "A Moment's Peace guides you quickly and easily into a calm state. It gives so much more than a moment. It's a gentle reminder throughout your day to breathe, relax, and be mindful and aware." Janet Taylor, RN, CCM "A Moment's Peace has become a part of my everyday life. I listen to it as soon as I arrive home from work. I pop on the CD player, enjoy Tracy's relaxing and soothing voice, and once the meditation is complete, I am revived and refreshed. I am so grateful Tracy has shared her gift and talents with the world!" Stephanie Mitchell, MS, CHES Health Promotion Manager, Health Smart, Arlington County Government Tracy Carreon MA, Mental Health Counseling Certification, Mindful Life Coaching For over a decade Tracy Carreon has worked with individuals and groups in the art of self-care. She has worked with at-risk youth, women in recovery, business professionals and adults seeking personal growth. Her mission is to help others experience personal peace through daily practice and to guide them to a deeper connection with themselves.

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