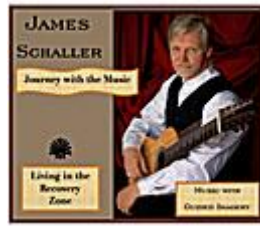


## Mp3 James Schaller - Living In The Recovery Zone



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Potent affirmations and guided imagery combine with James' harp guitar to deliver powerful support when challenged with addictive behaviors. 7 MP3 Songs NEW AGE: Healing, NEW AGE: Self-Help Details: Addictive behavior follows the same patterns no matter what the addiction. Many support groups encourage members to reach out for support when the stresses and strains of life cause addicts to turn toward their addictive behavior. Even the best support group, sponsor, therapist cannot be available 24 hours a day - 7 days a week. And it's often when people are alone, maybe at a time of day or night when no support team member is available, that addictive cravings can become heightened. iTherapy is keeping an MP3 player available with you day and night. These powerful affirmations with guided imagery are designed to work with music that soothes the nervous system. When thoughts turn toward addictive behavior, reach for your MP3 player and listen to these Guided Imagery MP3s that are about 8 minutes long. They can make a dramatic difference and provide you with support in a discrete manner when no one else is available, or when you simply need restful encouragement. Proper maintenance of our inner mindscape is critical to recovery from addictions. My hope is that you find these MP3s bring you peace, rest and support in times of personal challenge. Recovery is a holistic process. I've included 2 additional Guided Imagery tracks that address physical challenges and emotional wounds from the past. Used together with the Guided Imageries that support addiction recovery, they will help to create and sustain positive attitudes important to your overall health. People who are interested in should consider this download.

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