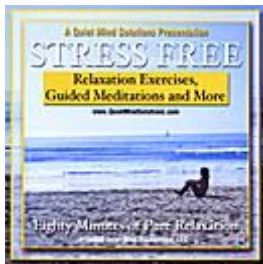


# Stress Free ? Guided Exercises And Meditations For Total Relaxation (mp3 Album)



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Escape from stress and achieve total relaxation in just minutes a day. Stress Free features six guided relaxation exercises that combine soothing music with the sounds of nature to carry you away to a place of peace and tranquility. 10 MP3 Songs in this album (79:36) ! Related styles: NEW AGE: Relaxation, NEW AGE: Self-Help Details: 3 PROVEN TECHNIQUES. 6 DIFFERENT EXERCISES. 80 MINUTES OF PURE RELAXATION. Stressed out? Feeling overwhelmed? Irritable? Need a break? Now you can escape from stress and achieve total relaxation in just minutes a day with Stress Free: Guided Exercises and Meditations for Total Relaxation. Stress is an unavoidable part of modern life. But that doesnt mean it has to control your life. With the simple exercises on Stress Free you can learn how to reduce stress and take back control of your life. My name is Ken Goodman and over the past 20 years Ive taught hundreds of people the skills necessary to overcome stress and anxiety. Now I want to share those very same skills with you. THE SECRET TO BEATING STRESS REVEALED Most people think of stress as a thing. But its not. Stress is your reaction to events happening to you and around you. Left unchecked, stress can build and lead to a variety of medical problems, including ulcers, headaches, and high blood pressure, as well as psychological complications such as insomnia, anxiety and substance abuse. But, if you learn effective ways of dealing with stress you can minimize its negative effects. And thats exactly what the six relaxation exercises Im going to teach you will help you do. I call them exercises. But Id like you to think of them as mini-vacations from stress short trips you can take in your imagination, to quiet your mind and relax your body. These mini-vacations combine expert guidance with relaxing music and the sounds of nature to carry you away to a place of peace and tranquility. On one CD you get: Six stress-busting relaxation exercises, including a quick-relaxation exercise for instant stress release anytime, anywhere

Three different relaxation techniques to help you combat the physical, emotional and psychological effects of stress: Progressive Muscle Relaxation (PMR), Autogenic Suggestion, and Guided Meditation. Plus, unlike most relaxation CDs, I take the time to explain to you how and why each relaxation technique works. So you can gain a better understanding of the principles behind them and use them more effectively in your every day life. WHY THREE RELAXATION TECHNIQUES? Stress Free teaches you three different relaxation techniques. Why three? Because not every technique works equally well for everyone. Some people respond best to Progressive Muscle Relaxation. Others prefer Autogenic Relaxation. And still others get the best results with Guided Meditation. With Stress Free, you can try all three techniques and choose the one that works best for you. Or you create your own personalized relaxation routine by combining techniques. Either way, the exercises on Stress Free will not only help you deal with any stress you're feeling at the time but, with practice, will also help you better deal with all stress in your life. But you don't have to take my word for it. Here are just a few of the people Stress Free has helped overcome stress and anxiety and enjoy better, more fulfilling lives. STRESS FREE REALLY WORKS! I love this CD. My job as an ER doctor is extremely stressful. Stress Free gives me a place for a quick mental vacation. I absolutely recommend it. Tamar, Emergency Room Physician, CA Stress Free brings me to a place where I can forget about everything going on in my life. It works. I am able to come away feeling relaxed and at peace. Donna, Senior Executive Assistant, CA I have a hard time quieting the chatter in my mind, especially at bed time. Stress Free has really helped me to relax, be still and fall asleep. Curran, Television Stylist, CA I love Stress Free! The relaxation exercises are easy to follow and the moderators are calming and soothing. In particular, I like the tips Ken provides at the beginning of the CD, before each exercise, and as a follow up after the exercises. His feedback helps to reduce anxiety and is essential in preparing people for an optimal relaxation experience. I plan to offer the CD to my private practice clients and utilize it in the classroom with graduate level social work students. It is the perfect vehicle for teaching future mental health professionals to empower clients to calm, soothe and relax themselves. I highly recommend Stress Free to anyone wanting to relax more and stress less! Dr. Wendy Ashley, Psy. D. University Professor, CA I love it. As soon as I hear it I start to relax. It really helps me to relax and it puts me to sleep. Stress Free really works. Ruben, Construction Foreman, CA: Stress Free was so important for getting me back on a plane again, after years of avoiding flying. I can't recommend it enough. Eileen Murray, Tony-Nominated Actress, NY Stress Free definitely works. I can

feel myself getting calmer as I listen to it. I was very anxious about a recent incident in my life and unable to sleep through the night. With Stress Free I'm asleep before I know it. Myra, Property Manager, CA: I would highly recommend Stress Free to anyone interested in reducing stress and achieving relaxation. Joseph, Florist, CA: The exercises on Stress Free allow me to quiet my mind, lessen the chatter and release fear and worry. It has taught me another way of living. Stacey, Registered Nurse, CA: Listening to Stress Free is a way to take myself out of a stressful situation. Life today is so incredibly stressful and I am learning the importance of taking time out for me. By taking just five or ten minutes a day to follow an exercise or two, I feel refreshed and invigorated. When my anxiety is high, I listen to the CD, close my eyes and let my mind go. The music and narration are so soothing, just listening to them makes me feel like I am at a beautiful spa. Joni, Homemaker, CA: ABOUT KEN GOODMAN Ken Goodman is a Licensed Clinical Social Worker (LCSW), psychotherapist, and stress reduction expert with over 20 years experience helping people overcome stress and anxiety. He holds both a bachelors degree and a masters degree from UCLA. Ken has been a licensed psychotherapist since 1992. During that time he has worked with patients of all ages, in a variety of settings, including psychiatric hospitals, emergency rooms, and currently in his own psychotherapy practice. Ken was trained in clinical hypnosis at the UCLA School of Psychiatry and is certified by the International Certification Board of Clinical Hypnotherapy.

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