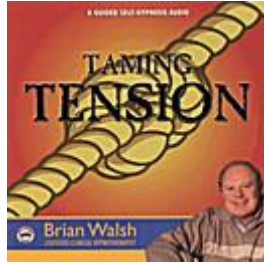


Mp3 Brian Walsh - Taming Tension (guided Self-hypnosis For Stress)



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A mellow compassionate male voice to reduce tension. 2 MP3 Songs SPOKEN WORD: Inspirational, SPOKEN WORD: With Music Details: What you are about to read can save your life. Stress is a factor in more than 75 of all diseases. Stress can sneak up on you by compounding numerous stressful events until they are so overwhelming that you find yourself flat on your back. It can happen to anyone. A stressful event can be profound like a promotion, loss of a loved one or even moving to a new home. Stressful events can also be simple like having to make a presentation, not getting that video back in time or worrying about an overdue parking meter. Relaxation is the opposite of stress. By relaxing, you can reduce muscle tension and prevent the headaches, insomnia, and high blood pressure that can result from constant stress. There are many forms of relaxation therapy, including meditation, deep breathing, guided imagery, yoga, tai chi and progressive relaxation. Tension held in the musculature is a symptom of stress. Since the body and mind are so closely linked, relaxation of tense muscles can lower stress and its damaging effects. You are about to experience two styles of Progressive Relaxation. Track 1 has simple muscle relaxation. Track 2 will give you the experience of Active Progressive Relaxation. This technique operates by tensing muscles above their normal tension level in order to focus your awareness on each muscle and the amount of tension it contains. Although you will be working on individual muscle groups in this exercise, once proficient at this practice, you will be able to relax the whole body at once. Active Progressive Relaxation enhances your awareness of your muscles and will increase your sensitivity to the difference between feeling tense and feeling relaxed. Then, when you begin to feel the tension beginning to build, you can employ these exercises to stave off the effects of stress. Some people find that it is useful to do a few minutes of progressive relaxation at the moment they first detect tension

beginning to build. Once you listen to these recordings a few times, you will be able to do them on your own wherever you are; the office, in a park or on a plane. Find a convenient time for your training. Usually the best times are either in the morning before breakfast or in the evening before dinner. Never directly after meals! Regular practice is more important than frequency. Do your best to practice twice a day but once per day is fine. Dr. Walsh is dedicated to personal growth and enrichment through his workshops, teleclasses, audio and video products, and his many articles. He is a master practitioner of NLP, an acupuncture detoxification specialist, an EFT practitioner, and a clinical hypnotherapist. His bestselling book, "Unleashing Your Brilliance has a companion DVD, Enriched Learning." In addition, he has co-authored a self-help book with John Gray and Jack Canfield, "101 Great Ways to Improve Your Life: Volume 2." People who are interested in should consider this download.

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