

## Mp3 Simonette Vaja - Anxiety Free



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A powerful series of guided meditations spoken by Australian Psychologist Simonette Vaja. Simply listen and be guided into a peaceful and safe place where you can tap into the power of your imagination. 4 MP3 Songs in this album (51:51) ! Related styles: NEW AGE: Relaxation, NEW AGE: Self-Help Details: Simonette Vaja connects with you at a deep level of emotional understanding and insight. Her soothing and entrancing voice has been helping people to relax and decrease the effects of stress since 1998. Simonette has worked within many different settings, from private practice as a psychologist and clinical hypno-therapist, to corporate managements, television and radio to creativity and meditation groups and retreats. Simonette Vaja has collected much experience and insight into a wide range of issues that are critical to the way you can enjoy your life. Simonette, a registered psychologist and clinical hypno-therapist and member of the Australian Psychological Society and the founder and director of Loving Life Strategies. Simonette encourages you to immerse yourself in your own wisdom and guides you to create a truly inspiring and fulfilled life. Simonettes extensive range of guided visualisation and meditation products include CDs, DVDs, e-books and online e-courses all designed to provide you with effective, fast and easy ways to re-create your life. With over 15 years experience working with individuals at a deep level of inquiry and transformation you will get lasting results. Listening to Simonettes guided CDs can provide the following benefits: 1. Guide your thoughts to focus on pleasant and supportive visual imagery 2. Provide respite from anxiety symptoms, such as sleeping more peacefully and experiencing more happiness in your every day life 3. Build emotional inner strength and coping abilities 5. Feel refreshed, revitalised and optimistic after each listening session.

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