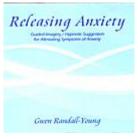
## Mp3 Gwen Randall-young - Releasing Anxiety



## **DOWNLOAD HERE**

Guided imagery / hypnotic suggestion for alleviating symptoms of anxiety 1 MP3 Songs NEW AGE: Meditation, NEW AGE: Healing Details: Relax and surrender to the soothing voice and images as Gwen guides you along a peaceful journey which will stimulate reduction in symptoms of anxiety and encourage a calm, relaxed mood. Repeated listenings will train the body/mind so it naturally encourages and reinforces a balanced, healthy emotional state. Background music by Aeoliah, used by permission. Gwen Randall-Young is a psychotherapist and author whose work bridges the worlds of psychology and spirit. Her gentle voice of change, and soul-centered approach as expressed in her books, audiotapes, and CDs continues to transform and uplift the lives of many throughout the world. For more titles, articles and information, please visit Gwens website: gwen.ca People who are interested in should consider this download.

## **DOWNLOAD HERE**

## Similar manuals:

New Age Healing Music For Chillout. Relaxation. Meditation. Yoga. Tai Chi. Reiki. Deep Massage. Spa. Zen. Spiritual Rituals. (MP3 Album)

New Age Healing - Royalty Free Music

MP3 Meditations For Life - Christ New Age Meditation

MP3 In Color - In Color (the Lamp Album)