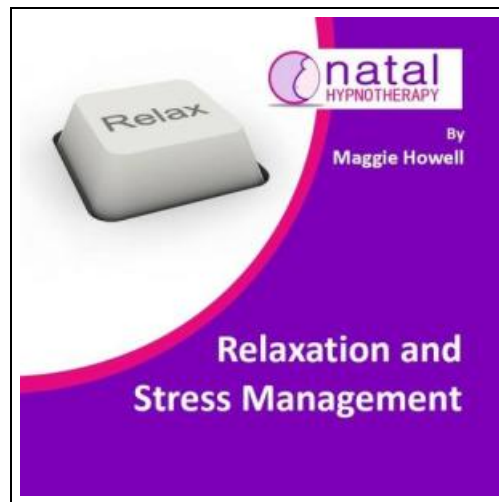


Relaxation and Stress Management: Help to Relax, Reduce Anxiety and Stress



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Reviews

Extensive guide! Its this kind of excellent read through. it absolutely was writtem very perfectly and helpful. Your way of life period is going to be change when you complete reading this ebook.
(Murphy Dooley)

RELAXATION AND STRESS MANAGEMENT: HELP TO RELAX, REDUCE ANXIETY AND STRESS



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Natal Hypnotherapy, United Kingdom, 2016. CD-Audio. Condition: New. Language: English . Brand New. This deeply relaxing track helps you unwind and de-stress. The suggestions on the track help you be more relaxed in your daily life, get better sleep, be more confident and feel more in control. This track has no references to pregnancy, birth or babies. and can be used by anyone at any time. The perfect album to calm dads-to-be, anxious grandparents, or anyone who is feeling a bit stressed. Hypnosis has been shown to be an effective and powerful tool in managing and reducing stress and with the Relaxation and Stress Management track, it takes just half an hour in the privacy of your own home to feel refreshed, calm and confident. It is becoming a popular way to manage stress, meaning you won't have to spend half your salary travelling to a buddhist retreat to relax! According to Daily Mail psychologist, Dr Nick Norris Relaxation CDs can be effective (for stress management), working by distracting us from worries. They also help alleviate some of the physical symptoms associated with stress, such as muscle tension or rapid breathing. This highly effective self-hypnosis album plays soothing background music while the calming voice of qualified clinical hypnotherapist Maggie Howell takes you into a state of guided relaxation. This will not only help you deal more effectively with stress but also get better sleep, feel more in control and able to deal with all the challenges that you face. Simply lying back and listening to the track will help your mind and body let go and relax. Benefits of Hypnosis for Relaxation and Stress Management* Be more relaxed* Learn techniques to manage stressful situations more effectively* Feel calmer in your daily activities* Sleep better* Feel more confident* Feel more in control.



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