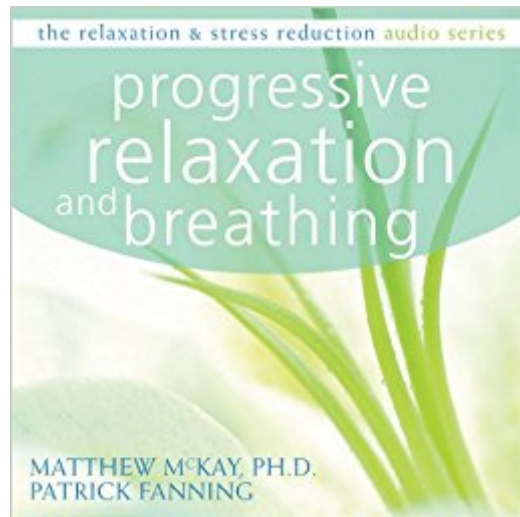




The book was found

Progressive Relaxation (Relaxation & Stress Reduction (Audio))



Synopsis

Based on the exercises and techniques in The Relaxation and Stress Reduction Workbook, the go-to guide for stress reduction and total relaxation, the Progressive Relaxation and Breathing audio program presents a complete introduction to the Jacobsen technique for progressive deep muscle relaxation. It offers simple breathing exercises to help you turn stressful feelings into a vanishing memory. You will also discover Yoga breathing techniques to help you relax or build extraordinary energy when you need it most.

Book Information

Series: Relaxation & Stress Reduction (Audio)

Audio CD

Publisher: New Harbinger Publications; 1 edition (November 1, 2008)

Language: English

ISBN-10: 1572246391

ISBN-13: 978-1572246393

Product Dimensions: 0.2 x 5.5 x 5 inches

Shipping Weight: 0.3 ounces (View shipping rates and policies)

Average Customer Review: 3.5 out of 5 stars 24 customer reviews

Best Sellers Rank: #401,952 in Books (See Top 100 in Books) #107 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #168 in Books > Books on CD > Health, Mind & Body > General #353 in Books > Books on CD > Health, Mind & Body > Self Help

Customer Reviews

Patrick Fanning is a professional writer in the mental health field, and founder of a men's support group in Northern California. He has authored and coauthored eight self-help books, including Self-Esteem, Thoughts and Feelings, Couple Skills, and Mind and Emotions. Matthew McKay, PhD, is a professor at the Wright Institute in Berkeley, CA. He has authored and coauthored numerous books, including The Relaxation and Stress Reduction Workbook, Self-Esteem, Thoughts and Feelings, When Anger Hurts, and ACT on Life Not on Anger. McKay received his PhD in clinical psychology from the California School of Professional Psychology, and specializes in the cognitive behavioral treatment of anxiety and depression. He lives and works in the greater San Francisco Bay Area.

I just finished therapy which included relaxation exercises. The relaxation was based on the book by

the author of this tape. I wanted something to continue practicing the relaxation exercises. This CD is very similar to the exercises the therapist presented.

I can listen to the program in bed and fall asleep before the progressive relaxation is over.

Otherwise, I have insomnia and take more than 30 minutes to fall asleep. I do have the book, but you can use this separately.

Old-school still works for taking things down a notch...it's training for lessening stress. Works well!

A helpful guide through pathways of creative visualization.

Very peaceful -enjoyable and relaxing

Relaxation guide that can change your life (and your blood pressure)

Had a hip problem and most was due to stress. My therapist recommended a relaxation and breathing tape and this one was easy to use and worked.

Great battery, great price, fast delivery. Thank you

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