



Indigo Dreams - Adult Relaxation: Guided Relaxation/Stress Management Techniques with Calming Music

By Lori Lite

LiteBooks.net LLC, United States, 2006. CD-Audio. Book Condition: New. abridged edition. 142 x 124 mm. Language: English . Brand New. Experience four straight forward, no-nonsense, stress-management/meditation techniques that are accepted and used by both the traditional medical and holistic communities. You will not find any philosophies, theories, or fluff presented here, because frankly, we do not have time for that and chances are neither do you. Enjoy and learn four stress-management techniques: breathing, affirmations, visualizations, and muscular relaxation, accompanied by soothing, uplifting music to further enhance your relaxation experience.



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Reviews

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Brennan Koelpin**

Comprehensive guide! Its this type of very good read through. It is actually writter in simple words and phrases rather than difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Bernie Mante PhD**