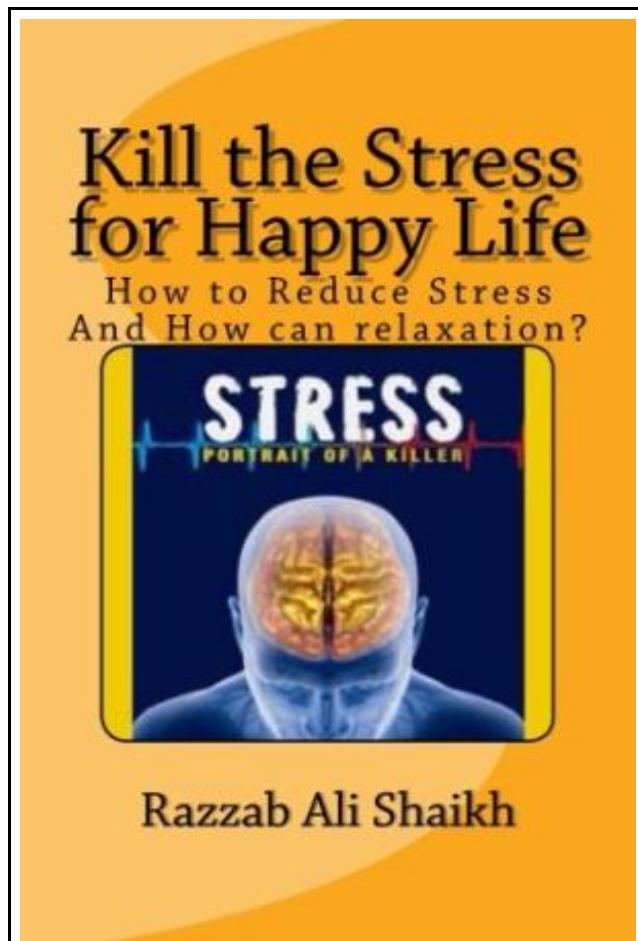


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Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.THIS BOOK IS DESIGNED to be a guide for your Stress into relax . It is a guide to help you make changes you stress into relax. One of the things I discovered in my work is that people change there stress into relaxation of happy life, very quickly. You may have experienced times in your life when having a long soak in the bath, a walk in the park, listening to music or reading a book somehow was enough to help you switch off and relax. Perhaps your level of stress and anxiety didn t feel so high then. At this point in your life you may be finding relaxing more challenging. What used to help you relax, if anything, is no longer working. Or perhaps you may feel like you never take time to relax and are not quite sure where to start. This guide is to get you started - to help you set up a regular relaxation practice and experience the benefits of practicing some simple relaxation techniques.Visualization-You can significantly reduce stress with something enormously powerful: your imagination. Everybody visualizes. Daydreams, memories, and self-talk are all types of visualization. Visualization is effective in treating many stress-related and physical illnesses, including headaches, muscle spasms, chronic pain, and general or situation-specific anxiety. Relaxation is a skill. This means that our ability to relax is not necessarily something that comes naturally to us or that we are just born knowing how to do. Like any other skills, such as riding a bicycle or playing the piano, it is a skill that can be learned and practiced. Everyone has the ability to learn how to relax. The key is to find which technique(s)...



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