



# Relaxation For Dummies

*Shamash Alidina*

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# Relaxation For Dummies

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**Relaxation For Dummies** Shamash Alidina

**New ways to embrace relaxation every day!**

*Relaxation For Dummies* provides a straightforward guide to understanding the importance of relaxation in our readers' day-to-day lives. Covering a variety of simple relaxation techniques, including meditation, breathing techniques, hypnotherapy, guided imagery and yoga, this book shows readers how to use physical and emotional relaxation to combat a range of issues including stress, anxiety, phobias and fears. The book is accompanied by an audio CD that provides accompanying relaxation exercises for readers to follow.

*Relaxation For Dummies:*

- Shows readers how to understand the meaning of relaxation
- Provides relaxation strategies to help you take it easy
- Teaches the benefits of healthy breathing
- Allows the reader to harness the powers of Yoga and Tai Chi to increase well-being

**Note: CD files are available to download when buying the e-Book version**

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Spent a free time and energy to be fun activity to do! A lot of people spent their down time with their family, or all their friends. Usually they carrying out activity like watching television, about to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Might be reading a book could be option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to try out look for book, may be the book untitled Relaxation For Dummies can be good book to read. May be it could be best activity to you.

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