



Relaxation For Dummies

Shamash Alidina

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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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