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INDIGO DREAMS - ADULT RELAXATION: GUIDED RELAXATION/STRESS MANAGEMENT TECHNIQUES WITH CALMING MUSIC



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,...

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- Authored by Lori Lite
- Released at 2006



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