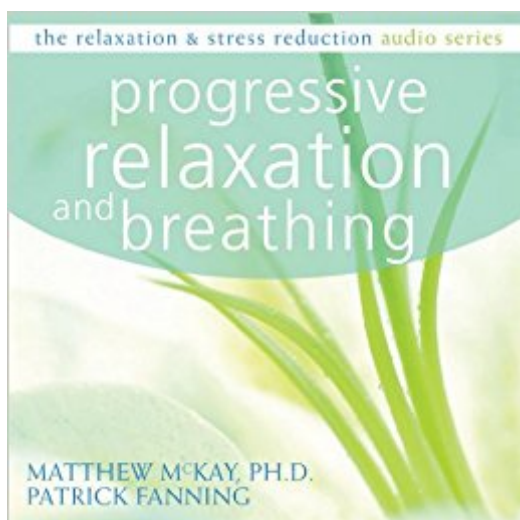


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# Progressive Relaxation (Relaxation & Stress Reduction (Audio))



## Synopsis

Based on the exercises and techniques in *The Relaxation and Stress Reduction Workbook*, the go-to guide for stress reduction and total relaxation, the *Progressive Relaxation and Breathing* audio program presents a complete introduction to the Jacobsen technique for progressive deep muscle relaxation. It offers simple breathing exercises to help you turn stressful feelings into a vanishing memory. You will also discover Yoga breathing techniques to help you relax or build extraordinary energy when you need it most.

## Book Information

Series: Relaxation & Stress Reduction (Audio)

Audio CD

Publisher: New Harbinger Publications; 1 edition (November 1, 2008)

Language: English

ISBN-10: 1572246391

ISBN-13: 978-1572246393

Product Dimensions: 0.2 x 5.5 x 5 inches

Shipping Weight: 0.3 ounces (View shipping rates and policies)

Average Customer Review: 3.5 out of 5 stars 24 customer reviews

Best Sellers Rank: #401,952 in Books (See Top 100 in Books) #107 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#) #168 in [Books > Books on CD > Health, Mind & Body > General](#) #353 in [Books > Books on CD > Health, Mind & Body > Self Help](#)

## Customer Reviews

Patrick Fanning is a professional writer in the mental health field, and founder of a men's support group in Northern California. He has authored and coauthored eight self-help books, including *Self-Esteem, Thoughts and Feelings, Couple Skills, and Mind and Emotions*. Matthew McKay, PhD, is a professor at the Wright Institute in Berkeley, CA. He has authored and coauthored numerous books, including *The Relaxation and Stress Reduction Workbook, Self-Esteem, Thoughts and Feelings, When Anger Hurts, and ACT on Life Not on Anger*. McKay received his PhD in clinical psychology from the California School of Professional Psychology, and specializes in the cognitive behavioral treatment of anxiety and depression. He lives and works in the greater San Francisco Bay Area.

I just finished therapy which included relaxation exercises. The relaxation was based on the book by

the author of this tape. I wanted something to continue practicing the relaxation exercises. This CD is very similar to the exercises the therapist presented.

I can listen to the program in bed and fall asleep before the progressive relaxation is over.

Otherwise, I have insomnia and take more than 30 minutes to fall asleep. I do have the book, but you can use this separately.

Old-school still works for taking things down a notch..it's training for lessening stress. Works well!

A helpful guide through pathways of creative visualization.

Very peaceful -enjoyable and relaxing

Relaxation guide that can change your life (and your blood pressure)

Had a hip problem and most was due to stress. My therapist recommended a relaxation and breathing tape and this one was easy to use and worked.

Great battery, great price, fast delivery. Thank you

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Book Patterns For Relaxation, Fun, and Relieve Your Stress (Volume 5) CP18337 - Progressive Recorder Method for Young Beginners: Book 1 (Colour) (Progressive Young Beginners) CP69144 - Progressive Violin Method for Young Beginners Book 1 (Progressive Young Beginners) CP69140 - Progressive Harmonica Method for Young Beginners (Progressive Young Beginners) Progressive Medical Word Scramble Puzzles: Contemporary Medical Terminology (Progressive Challenges in Contemporary Medical Terminology Book 1) AACN Essentials of Progressive Care Nursing, Third Edition (Chulay, AACN Essentials of Progressive Care Nursing) Adult Coloring Book Designs: Stress Relieving Patterns, Mandalas, Cats, Flowers, Animals, Henna, and Paisleys for Stress Relief Relaxation and Zen The Adult Coloring Book for Coffee Lovers: A Meditation and Stress Relief Coloring Book for Grown-Ups (Humorous Antistress Coloring Pages and Zentangle Designs for Relaxation and Stress Relief) American Football Sketch Gray Scale Photo Adult Coloring Book, Mind Relaxation Stress Relief: Just added color to release your stress and power brain ... and grown up, 8.5" x 11" (21.59 x 27.94 cm) Indigo Dreams: Relaxation and Stress Management Bedtime Stories for Children, Improve Sleep, Manage Stress and Anxiety (Indigo D Calm colouring book: Adult colouring book with Easy flower designs and simple floral patterns for Stress Relief and Relaxation, Anti-Stress Colouring, ... Colouring Books of Adults) (Volume 3)

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