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Learn to Relax : A Practical Guide to Easing Tension and Conquering Stress



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Learn to Relax : A Practical Guide to Easing Tension and Conquering Stress

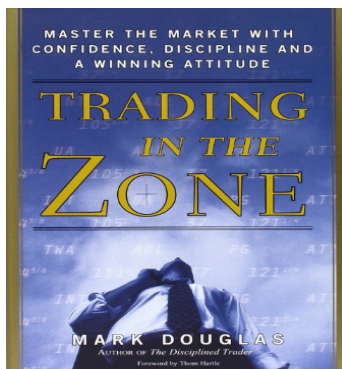
We all need to relax. If only it were as easy as it sounds! Now, with this beautifully illustrated and practical volume, anyone can learn to let go. Offering almost 30 ingenious and easy-to-do exercises tailor-made for busy people, plus original illustrations to aid visualization and a friendly text that's low on jargon, Learn to Relax presents effective ways to ease tension at work, at home, or on the road. Stress counselor Mike George suggests simple techniques for breathing, massage, anxiety control, time management, sleep enrichment, detachment, and meditation, all designed to calm the mind. Drawn from both Eastern and Western traditions, this book's easy yet highly effective strategies

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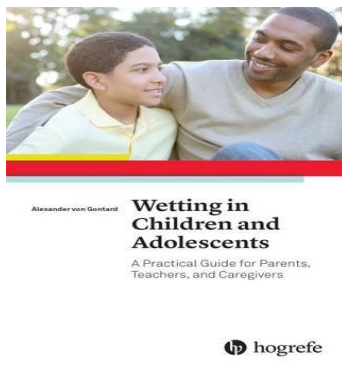
When the Yankees Were on the Fritz: Revisiting the Horace Clarke Years.

This is a book written by a player who was on the Yankees all but one month of the "Horace Clarke Era," Fritz Peterson. Many personal stories are told about these 8+ years of Yankee history from a player who lived them from 1966-1974. Fritz explains why the Yankees could not have won any penn



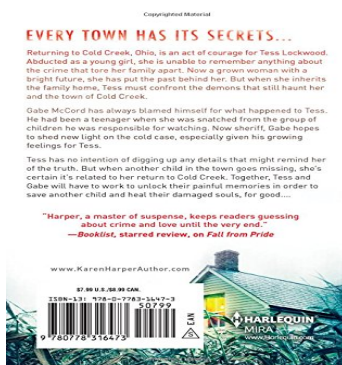
Trading in the Zone: Master the Market with Confidence, Discipline and a Winning Attitude

Douglas uncovers the underlying reasons for lack of consistency and helps traders overcome the ingrained mental habits that cost them money. He takes on the myths of the market and exposes them one by one teaching traders to look beyond random outcomes, to understand the true realities of ris



Wetting in Children and Adolescents: A Practical Guide for Parents, Teachers, and Caregivers

Step-by-step guidance for parents and carers on helping children and adolescents achieve dryness. Wetting is a distressing problem that is common in children and can also affect adolescents. This clearly written book shows parents and carers how to assess and treat wetting prob



Shattered Secrets (Cold Creek)

www.KarenHarperAuthor.com Every town has its secrets; Returning to Cold Creek, Ohio, is an act of courage for Tess Lockwood. Abducted and held captive as a young girl, she is unable to remember anything about the crime that destroyed her childhood and tore her family apart. Now a grown wom

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What others say about this ebook:

Review 1:

I read each page of this book before removing the page and turning it into a paper rose. Very relaxed now. Five stars, would destroy again.

Review 2:

good book!

Review 3:

Stress is learned behavior. Not a defect or shortcoming of your character.

We cannot be our emotions or circumstances as those are transitory things.

Those are just a few of many profound messages I have received from this beautiful book. It is filled with so many techniques, excercises and information on relaxation and the need for relaxation. It has been life changing and holds great meaning to me.

As someone who has constantly lived with serious anxiety and depression, I owe all my gratitude to this book for relieving SO much of it.

Plan on using this as a reference for relaxation on a daily basis.

Review 4:

Learn to Relax by Mike George is an excellent tool for those interested in integrating self-care and relaxation into their lives. Since modern life is full of stresses, and many of us feel frazzled, anxious and overwhelmed at times, I highly recommend this book. It can become a part of your healing and self-care routine. Enjoy this soothing voyage of self-discovery.

When I picked up my copy of Learn to Relax for the first time, I was enraptured by the soft and calming images that give this book its soothing mood. Holding and looking at the book without even reading has a calming effect, since each page is illustrated with unique pictures, using a gentle palate that makes perusing this book a type of therapy that involves not only the meditations contained within, but also soothes with color and design.

George breaks up the content of this book into bite sized packages, dealing with many of the problems and stresses of modern life such as relationship issues, childhood hurts, the physical symptoms and energetic pattern of stress and emotions such as worry, guilt and blame.

Readers are offered easy to follow, fun and imaginative meditations, thought experiments and visualizations that help to break up anxiety and stress and to rise above problems and negative emotions, leading to enlightened perceptions and deep relaxation. Some of these exercises are mental, such as meditations and personal explorations, and other more physical or active exercises are included as well like yoga, sleep hygiene, massage and deep breathing.

George?s chapters themselves offer clarity on life and the myriad of situations, thoughts and emotions that make up each individual?s experience. The narration is friendly, easy to follow and it engages the imagination. No matter what type of relaxation you are after, this book delivers because there are so many different avenues to explore.

Learn to Relax not only covers the topic of relaxation, but goes even deeper into useful and enlightening spiritual practices such as mindfulness, meditation, working with dreams and breath work. The author acknowledges the powerful link between mind, body, emotions and spirit, and gives you tools that you can use to harmonize all parts of yourself in a way that is nourishing to your core self.

I was so pleased with this book, and find that it is a go to pick me up when I feel stressed out or anxious. I have read this book cover to cover, but enjoy it most as a little "snack" simply flipping to the page that resonates with me the most, absorbing the beautiful aesthetics of the page, reading the insightful words and doing the exercise.

Reviewed by Elena for Cinnabarys.com

Review 5:

Great book. Ordered it from the library and had to buy it. Many diverse practical "exercises" to do!!! A good reference guide.

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