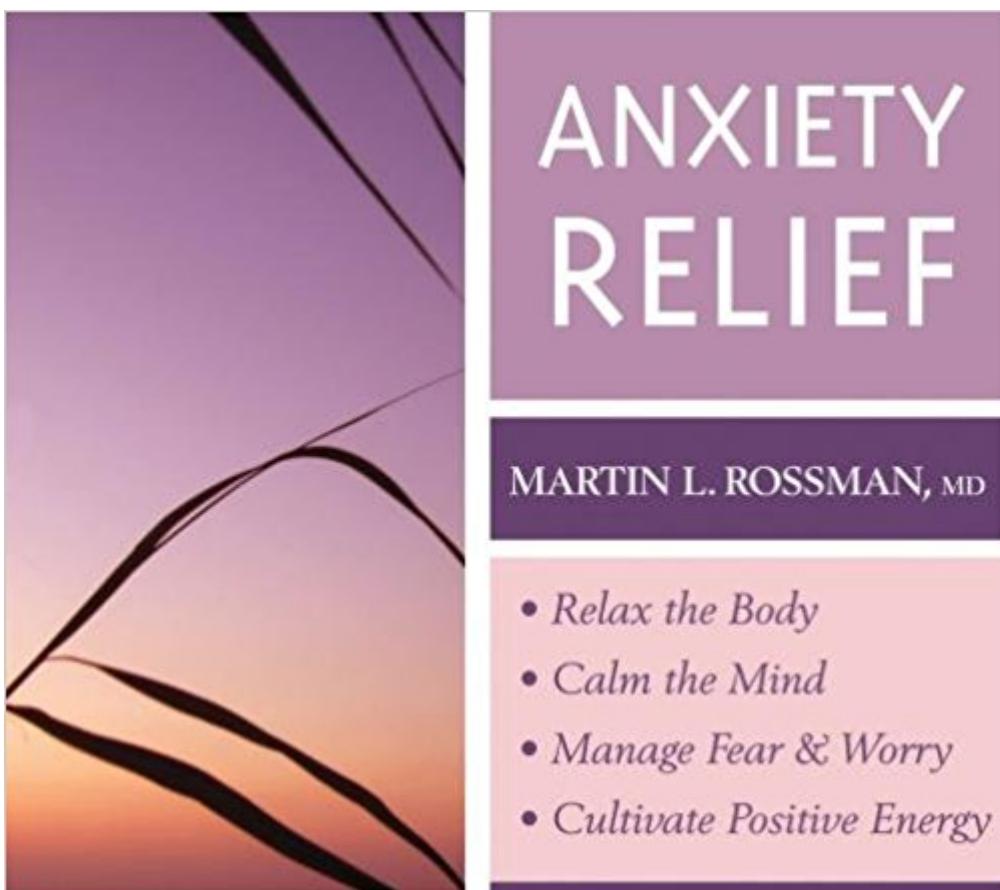


The book was found

Anxiety Relief: - Relax The Body- Calm The Mind- Manage Fear And Worry- Cultivate Positive Energy



Synopsis

Anxiety puts our bodies into "flight or fight" mode and makes us more vulnerable to exhaustion, depression, and illness. These guided mind-body techniques help listeners counteract anxiety through deep relaxation, enhanced problem-solving, and converting fear into positive energy. Course objectives: Practice guided imagery exercises for anxiety reliefIdentify inner intelligence of the physical bodyIntegrate experiences into daily life using anxiety relieving exercisesUtilize the power of the mind and imagination to relax the body

Book Information

Audio CD: 1 pages

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Average Customer Review: 4.3 out of 5 stars 26 customer reviews

Best Sellers Rank: #281,411 in Books (See Top 100 in Books) #18 in Books > Books on CD > Health, Mind & Body > Fitness #101 in Books > Books on CD > Health, Mind & Body > General #230 in Books > Books on CD > Health, Mind & Body > Self Help

Customer Reviews

Martin L. RossmanMartin L. Rossman, M.D. is a physician and acupuncturist who has practiced holistic medicine for over 30 years. He is cofounder of the Academy for Guided Imagery and the author of the award-winning Guided Imagery for Self-Healing and Fighting Cancer from Within.

The best Guided meditation ever. Recommended for all levels. Great feedbacks from others.

Everyone loves it. Life changing if used daily. Anxiety vanishes. Transforming.

helpful

This CD Anxiety Relief- Relax the Body - Calm the Mind, I have ever found dead so effective for me. This CD has five tracks:1 Introduction... 56 seconds in length2 Using the Power of Imagination action to relieve Anxiety.. 4:47 length3 Deep Body/Mind Relaxation...21:50 length4 Dialogue with

Your Inner Wisdom Advisor...22:08 length 5 Evocative Imagery...25:31 length Total length of all 5 tracks is 74:32 The reasons that I have benefited from this CD: 1 There are THREE Exercises/Meditations in this CD. All have helped me to relax both my body and mind. 2 My favorite Exercise/Meditation is Track 3, Exercise One called Deep Body-mind Relaxation. This one in my opinion, relaxes my mind as well as my body. This is very healing a day rejuvenates me greatly. 3 All three of the Exercises/Meditations are just over twenty minutes each. Sometimes I just have about 25 MINUTES (or less) and I usually have about 25 minutes in the daytime to spare, so I choose the one that I need at the time. After I finish listening, I feel very relaxed. 4 All three of the Exercises has helped me. These exercises/Meditations are spoken by Dr Rossman and he has such a soothing voice. I really enjoy all 3 of these exercises. 5 I love the way Dr Rossman explains how the mind and body work together. My 6 The biggest benefit for me is that this CD has helped me leave the worry behind and replace it with concern and problem solving. Highly recommended!

I have been doing the exercises twice a day and am finding amazing results. I find new answers to problems that underlie feelings of anxiety by doing the "inner advisor" exercise. I am feeling more confident. His use of relaxing the body and mind works with practice. I love going to a beautiful place of my own mind- he guides you there step by step. I am a therapist and I frequently recommend this CD to my clients. Very good purchase.

I have Preparing for Surgery by this author and I LOVE it. I was hoping for the same effect. I listened to it twice and will refer back to it, but I can say that it just does help with my anxiety. It might for you. At least the first one helped at the right time and I have lent it out and it has helped others too. I think guided imagery and hypnotherapy may be rather specific for each individual when it comes to listening on a cd. For instance, in Preparing for Surgery he uses a phrase about the Intelligence of the Body, this concept was specifically effective to me, getting ready for a big operation. I rather like the author for using this, so if anxiety is your monkey than his approach may be useful.

I looked into several CDs and decided on this and Pass through Panic, but I have to say this is by far the best resource I've purchased so far (including a few books) for anxiety and panic attack help. His voice is calm and reassuring; he will remind you during the exercises that you can always open your eyes if you ever need to. It may seem silly to most people, but for someone with anxiety it is that kind of reassurance that builds a feeling of security. The exercises are short, and I don't use the

third one much, but the first exercise is great to listen to while anxious or even panicking to calm down. That alone is worth every penny. This is a quality, not quantity, CD. It isn't an attempt at hypnosis or any kind of airy-fairy nonsense that would make someone shy away, just relaxation exercises guided by a very peaceful voice.

I've recently started practicing meditation on a daily basis and have found it hugely helpful in reducing my tendency toward anxiety and depression. It is nice to have a fresh, new meditation after a few months. I don't know why, but the few times I've listened to it, I find my anxiety suddenly increased during the guided meditations. In one meditation, he instructs you to "invite your foot to relax-- ...notice the intelligence in your foot...notice the intelligence in your ankles...in your legs.... It just was too weird for me. I like Dr. Rossman's voice and the way he allows silent moments amidst his talking. I sometimes find music in the background distracting, and, while I haven't listened to all the tracks, there is no music in the ones I have heard.

At first I was worried but after meditating through the cd's they really did help me when I have fits of anxiety due to stress or emotional things. I am still meditating and keeping meditation during my daily life because it keeps me peaceful and calm in the long run. Which I all believe we all need sometimes in our busy lives. Thanks.

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Positive Thinking: 50 Positive Habits to Transform your Life: Positive Thinking, Positive Thinking Techniques, Positive Energy, Positive Thinking,, Positive ... Positive Thinking Techniques Book 1)
Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Stress Relief: Relax the Body and Calm the Mind, Restore Balance, and Resolve Difficult Situations "Do Not Worry, Do Not Be Anxious, Do Not Be Afraid": A Self-Help Manual for People Who Worry a Lot and Suffer Anxiety and Fear Binding the Spirit of Fear, Worry and Depression: Divine Revelations and Powerful Prayers to Bind and Cast Out Fear, Worry, Depression & Panic Attacks from Your Life
Permanently Anxiety: Rewire Your Brain Using Neuroscience to Beat Anxiety, Fear, Worry, Shyness and Panic Attacks Don't Feed the Monkey Mind: How to Stop the Cycle of Anxiety, Fear, and Worry
Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers) The Worry Trap: How to Free Yourself from Worry & Anxiety using Acceptance and Commitment Therapy The Worry Workbook

for Teens: Effective CBT Strategies to Break the Cycle of Chronic Worry and Anxiety Declutter Your Mind Now - 22 Simple Habits To Declutter Your Mind & Live A Happier, Healthier And Stress-Free Life: How To Eliminate Worry, Anxiety & ... A Richer Life (Decluttering Secrets Book 1) RELAXING Grown Up Coloring Book: Awesome Philippines Relax Therapy - A Magic and Mindful Travel Adventure in Nature for Relaxation, Meditation, Stress Relief, Calm, Inspiration and Healing The Power of Positive Energy: Powerful Thinking, Powerful Life: 9 Powerful Ways for Self-Improvement, Increasing Self-Esteem, & Gaining Positive Energy, Motivation, Forgiveness, Happiness ... Happiness, Change Your Life Book 1) The Calming Collection - Calm Mom, Calm Dad, Calm Child: Keeping Your Cool With Your Children, Your Family, and Everyone Else in Your Life The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions 101 Ways to Conquer Teen Anxiety: Simple Tips, Techniques and Strategies for Overcoming Anxiety, Worry and Panic Attacks The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook)

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