

## Indigo Dreams - Adult Relaxation: Guided Relaxation/Stress Management Techniques with Calming Music



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### ***Reviews***

*This is an incredible ebook which i actually have ever go through. This can be for those who statte that there had not been a really worth reading. I am just quickly can get a delight of reading a published book.*

***(Ms. Colleen Ziemann V)***

## **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, uplifting music to further enhance your relaxation experience.

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