



## Relaxation Techniques: Teach Yourself: 2010

By Alice Muir

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Relaxation Techniques: Teach Yourself: 2010, Alice Muir, Is this the right book for me? This new and updated edition of Teach Yourself Relaxation features a CD with practical exercises on physical and mental relaxation, breathing and even basic meditation. It is accompanied by a fully updated version of the text, with practical exercises and background reading to accompany and complement the new 60-minute CD and to make the book the ultimate user-friendly comprehensive relaxation guide. Relaxation Techniques includes: Chapter 1: Relaxation - a skill with a long history Chapter 2: Relaxation, stress and tension explained Chapter 3: Coping with stress and tension Chapter 4: Vulnerability to tension or stress Chapter 5: Relaxing your body Chapter 6: Relaxed body language Chapter 7: A relaxed mind and calm thinking Chapter 8: Relaxing mind and body together Chapter 9: More alternative and complementary therapies Chapter 10: Making the most of the internet and modern technology Chapter 11: Relaxation and your feelings Chapter 12: Relaxation in situations Chapter 13: Relaxation and your mood Chapter 14: What now? Relaxation as a way of life Learn effortlessly with a new easy-to-read page design and interactive...



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