



Total Relaxation: Healing Practices for Body, Mind & Spirit 1 CD

John Harvey

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DOES STRESS HAVE A GRIP ON YOUR BODY, MIND AND SPRIT?

Whether it shows up as lower-back pain, insomnia, low-level anxiety, or just general malaise, tension can grip our lives and keep us from living up to our full potential. Dr. John Harvey has organized his relaxation techniques into five different categories to help you discover where your tension resides. Using a symptom checklist, you can match your symptoms against the five levels of relaxation - muscular, autonomic, emotional, mental, or spiritual - and learn the proven techniques that will guide you to a relaxed, tension-free state quickly and effectively. Some of these relaxation techniques have been practiced for centuries, some of them were developed by twentieth-century physicians who have researched the effects of prolonged stress on the human body, and some of them have been developed by Dr. Harvey himself, drawing on his years of treating patients worn out by the stress of everyday life. Using these techniques, anyone can achieve *Total Relaxation*.

A sixty-minute CD containing four guided relaxation techniques is included at the back of this book.

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