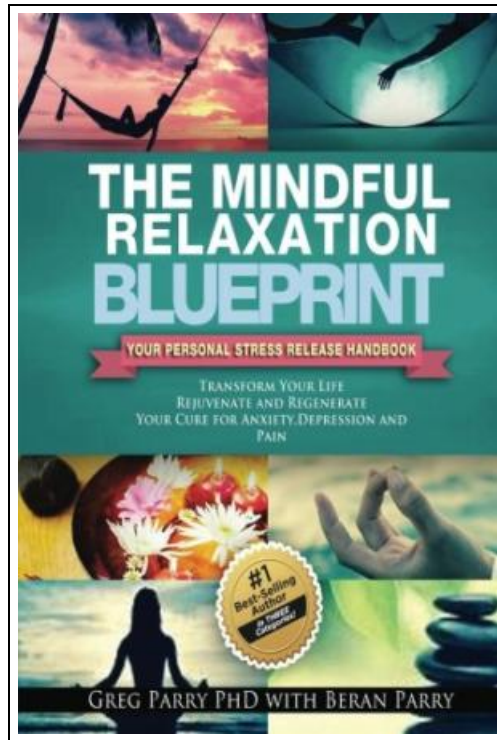


The Mindful Relaxation Blueprint: Your Personal Stress Release Handbook



Filesize: 1.67 MB

Reviews

*Basically no phrases to clarify. It really is written in straightforward phrases rather than hard to understand. You will not sense monotony at any moment of your own time (that's what catalogues are for concerning if you ask me).
(Doris Beier)*

THE MINDFUL RELAXATION BLUEPRINT: YOUR PERSONAL STRESS RELEASE HANDBOOK



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you know the secret to living longer? Do you feel that you have too much stress in your life? Do you know how to conquer the symptoms and causes of your tension? Have you been seeking for an effective way to make your life so much better than ever before? The answers to your quest can now be found in this illuminating new masterwork from one of the world's leading contributors to the art of complete wellbeing. Recognising the causes and origins of our stress response and presenting the most effective techniques for de-constructing the habits that trigger our anxiety response, Greg Parry draws together ancient insights from the timeless traditions of effective mindfulness with the latest research into the amazing complexity and mechanics of brain function. The result is a seamless exploration of the most effective methods to tame your stress, to release a lifetime of tension from your body, to master the random flow of your thoughts and re-shape the emotional framework that has conditioned so much of our behaviour. If you really want to experience the most extraordinary changes in your life, read the book and get ready to: Super-charge your body by releasing a lifetime of physical tension Calm your mind with powerful and deeply effective breathing techniques Re-position your old emotional framework and create new ways to experience the world Develop clarity of thinking by centring your consciousness Release your old, harmful habits of stress and tension Disarm the negative thoughts, feelings and behaviours of others Master the chaos of your train of thoughts and discover the beauty of a focused mind Experience new levels of energy and freedom Welcome the...



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