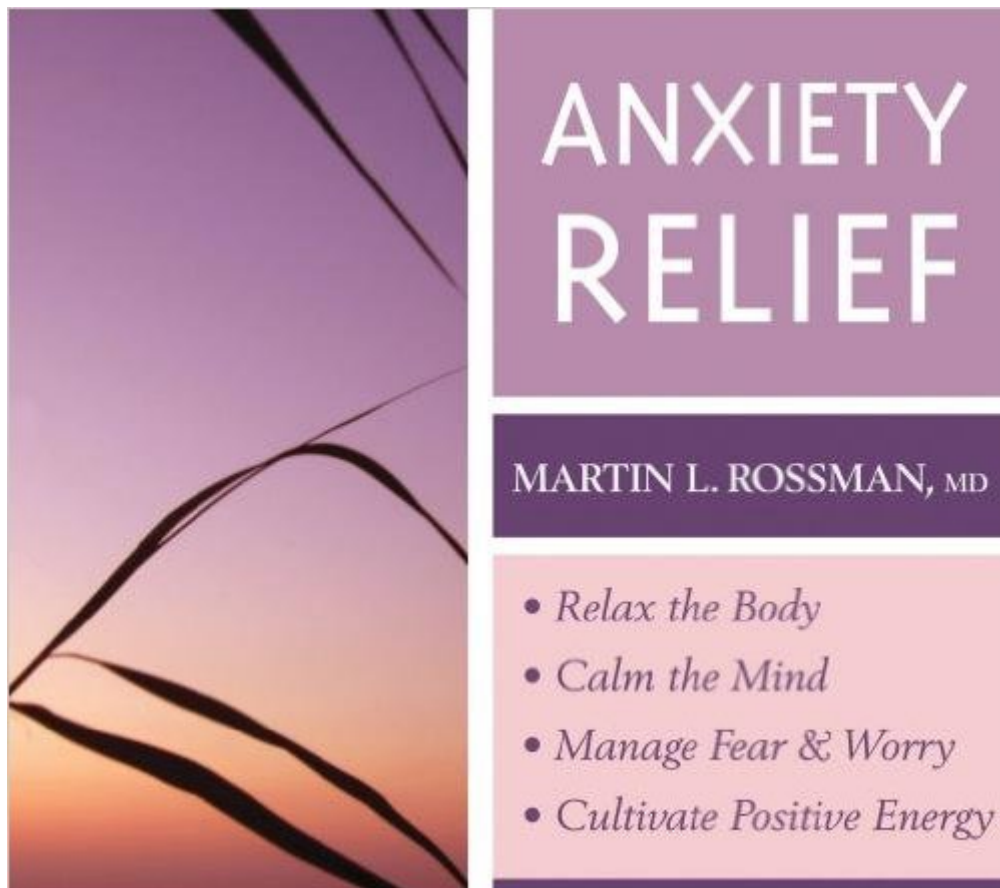


The book was found

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



## Synopsis

Anxiety puts our bodies into a "fight or flight" 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 relief Identify inner intelligence of the physical body Integrate experiences into daily life using anxiety relieving exercises Utilize the power of the mind and imagination to relax the body

## Book Information

Audio CD: 1 pages

Publisher: Sounds True; Unabridged edition (May 1, 2010)

Language: English

ISBN-10: 1591797780

ISBN-13: 978-1591797784

Product Dimensions: 5.5 x 0.3 x 5 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars See all reviews (22 customer reviews)

Best Sellers Rank: #41,973 in Books (See Top 100 in Books) #4 in Books > Books on CD > Health, Mind & Body > Fitness #12 in Books > Books on CD > Health, Mind & Body > General #40 in Books > Books on CD > Religion & Spirituality > General

## Customer Reviews

Anxiety Relief by Martin Rossman is audio therapy that offers three exercises that use breathing, relaxation and guided imagery. It is 74 minutes long in its entirety so it really fills up the CD unlike some anti-anxiety discs. The guided imagery technique is explained in that most anxiety comes from the imagination--i.e. dreading things that have yet to happen or harping on regrettable things of the past. It all sounded like an interesting and innovative path to relieving stress and anxiety. After several weeks of using this CD, though, I am still on the fence about its effectiveness. One of my main complaints is the exact same 8-minute introduction used for each exercise. It's incorporated into each track so you cannot skip it unless you fast forward through it. It is important to settle into a relaxed state before starting the guided imagery, so you wouldn't want to skip it anyway. I wish the intros were changed for the other two exercises. Hearing the exact same wording (even the "for example..s") before different exercises brings a monotony that is unnecessary. Exercise 1: Deep mind/body relaxation (21:09). Relaxation is the first skill to learn in anxiety relief. The introduction

starts with breathing, creating a movement that signals the body in its shift to deep relaxation mode, and focusing inward and inviting each part of the body to release stress and relax "in its own way." He calls the tension or awareness in the parts of the body "intelligence" which I find a little odd. He also tells you to notice how each body part responds and that this response is "all right for now." What does he mean by "for now"? Is there a time during the use of this CD where it won't be all right (it's the 20th listen, that left calve had better fall into line!

[Download to continue reading...](#)

Anxiety Relief: - Relax the Body- Calm the Mind- Manage Fear and Worry- Cultivate Positive Energy  
"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 Stress Relief: Relax the Body and Calm the Mind, Restore Balance, and Resolve Difficult Situations The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions) The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series) Anxiety Relief: Guided Imagery Exercises to Soothe, Relax & Restore Balance (Guided Self-Healing) Stage Fright and Performance Anxiety: An Essential Guide to Staying Calm and Focused Under Pressure - ( How to Overcome Stage Fright and Performance Anxiety ) The Mandala Coloring Book, Volume II: Relax, Calm Your Mind, and Find Peace with 100 Mandala Coloring Pages How To Overcome Fear of Flying: The Cure For Fear of Airplane Flights: Conquer Your Fear Flying! Tibetan Sound Healing: Seven Guided Practices to Clear Obstacles, Cultivate Positive Qualities, and Uncover Your Inherent Wisdom CHAKRAS: Chakras for Beginners - Awaken Your Internal Energy and Learn to Radiate Positive Energy and Start Healing (Chakras, Chakras For Beginners, Awaken Chakras, Third Eye) The Energy Bus: 10 Rules to Fuel Your Life, Work, and Team with Positive Energy The Mindful Way through Anxiety: Break Free from Chronic Worry and Reclaim Your Life What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What to Do Guides for Kids) Worry Less, Live More: The Mindful Way through Anxiety Workbook The Mind-Body Code: How the Mind Wounds and Heals the Body Swear Word Coloring Book : 40 Swear Words, Obnoxious Words and Insults: Release Your Anxiety and Stress. Sweary Beautiful Designs : Patterns, Flowers, Mandalas (Swear and Relax) Swear Word Coloring Book. 40 Unique Designs: Swear and Relax Coloring Book.Release Your Anxiety and Stress( Sweary Beautiful Designs : Flowers,Mandalas,Patterns)

[Dmca](#)