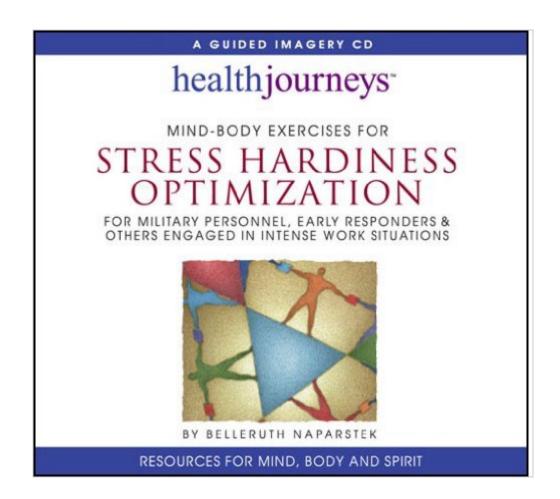
The book was found

Mind-Body Excercises For Stress Hardiness Optimization





Synopsis

For those engaged in dangerous or traumatizing work, such as soldiers or early responders, this program teaches critical self-regulation skills so people can maintain calm focus and peak performance during chaotic situations. Designed to stabilize the wide biochemical swings produced by acutely stressful events, this may provide extra inoculation against the later development of PTSD. Includes breath work, key word repetition, body scanning, guided imagery for deep relaxation and guided imagery for restful sleep. (Running Time: 73 minutes)

Book Information

Audio CD

Publisher: Health Journeys; 1 edition (September 1, 2007)

Language: English

ISBN-10: 188140594X

ISBN-13: 978-1881405948

Product Dimensions: 5.6 x 4.8 x 0.4 inches

Shipping Weight: 1.6 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars Â See all reviews (5 customer reviews)

Best Sellers Rank: #1,462,324 in Books (See Top 100 in Books) #156 in Books > Books on CD > Health, Mind & Body > Fitness #774 in Books > Books on CD > Health, Mind & Body > General

#152205 in Books > Health, Fitness & Dieting

Customer Reviews

I truly found this CD extremely helpful. The self-talk it teaches you - the use of key words while in high stress situations where I'm forced to perform - is probably the best part. That, coupled with breathing creates a calm in me, which allows me to do my work. I especially like the end, where I can listen and "de-stress" after an extremely hard day or experience. From there, the sleeping part makes sure my head is quiet enough to face another day well-rested. Thanks for a great product!

The products from Health Journeys will not disappoint! The author's voice is so very soothing and the exercises are very effective. This is the 6th CD I've purchased by this author and ALL have been excellent.

I bought both this CD and the general wellness CD.Belleruth's voice is very soothing. There is a minor amount of overlap between the two CDs I bought, but not enough to make me feel like buying

both was a waste of money.

I use parts of this when I walk but for meditation use the "Relieve Stress" disc one. The different parts of this disc can be incorporated into many parts of your day when stress erupts

see my other review on the sleep one, not gonna bother with a second review. its THAT BAD. I ACTUALLY BOUGHT THIS. what a mistake.

Download to continue reading...

Mind-Body Excercises for Stress Hardiness Optimization Hybrid Particle Swarm Algorithm for Multiobjective Optimization: Integrating Particle Swarm Optimization with Genetic Algorithms for Multiobjective Optimization The Mind-Body Code: How the Mind Wounds and Heals the Body Seo 2017: Search Engine Optimization for 2017. On Page SEO, Off Page SEO, Keywords (SEO Books, Search Engine Optimization 2016) SEO 2017: Search Engine Optimization for 2017. On Page SEO, Off Page SEO, Keywords (SEO Books, Search Engine Optimization 2017) WordPress: A Beginner to Intermediate Guide on Successful Blogging and Search Engine Optimization. (Blogging, SEO, Search Engine Optimization, Free Website, WordPress, WordPress for Dummies) SEO+Clickbank (Search Engine Optimization 2016): Use The Power of Search Engine Optimization 2016+ Clickbank Mandala Adult Coloring Book Stress Relieving Patterns Relaxation: coloring book for Adult and grown ups, Anti-Stress Art Therapy, Stress Relieving Flower Patterns Creative Oceans Coloring Book: Adult Coloring Book of Stress Relief Sea Animal Patterns and Designs (Ocean Coloring Book, Lost Ocean, Stress Relief Coloring Book, Anti Stress Coloring Book) (Volume 1) Autogenic Training: A Mind-Body Approach to the Treatment of Chronic Pain Syndrome and Stress-Related Disorders (Mcfarland Health Topics) Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness Stress Relief: Relax the Body and Calm the Mind, Restore Balance, and Resolve Difficult Situations The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma Running with the Mind of Meditation: Lessons for Training Body and Mind Body Language: Discover How To Connect, Analyze And Influence People In A Subconscious Level By Understanding Their Nonverbal Communication (Behavior, ... Mind, Mind Power, Brain Hidden Power) Teacher Life: A Snarky Chalkboard Coloring Book: A Unique Black Background Paper Adult Coloring Book For Teachers With Stress Relieving Patterns, ... Relaxation Stress Relief & Art Color Therapy) Coloring Book for Adults & Grown Ups: An Easy & Quick Guide to Mastering Coloring for Stress Relieving Relaxation & Health Today! (The Stress Relieving Adult Coloring Pages) Dad Life: A Manly Adult Colouring Book: A Unique Funny Adult Colouring Book For Men Fathers & Dads With Mindfulness Mandalas, Easy Stress Relieving ... Stress Relief & Art Colour Therapy) Teacher Life: A Snarky Chalkboard Colouring Book: A Unique Black Background Paper Adult Colouring Book For Teachers With Stress Relieving Patterns, ... Stress Relief & Art Colour Therapy) Fuck That Stress: Midnight Edition: Swear Word Coloring Book for Relaxation and Stress Relief (Midnight Coloring Books) (Volume 2)

Dmca