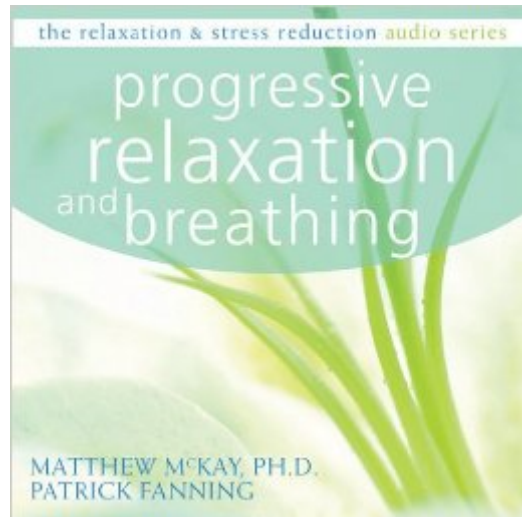


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# Progressive Relaxation (Relaxation & Stress Reduction (Audio))



## Synopsis

Based on the exercises and techniques in *The Relaxation and Stress Reduction Workbook*, the go-to guide for stress reduction and total relaxation, the *Progressive Relaxation and Breathing* audio program presents a complete introduction to the Jacobsen technique for progressive deep muscle relaxation. It offers simple breathing exercises to help you turn stressful feelings into a vanishing memory. You will also discover Yoga breathing techniques to help you relax or build extraordinary energy when you need it most.

## Book Information

Series: Relaxation & Stress Reduction (Audio)

Audio CD

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Product Dimensions: 0.2 x 5.5 x 5 inches

Shipping Weight: 0.3 ounces (View shipping rates and policies)

Average Customer Review: 3.6 out of 5 stars [See all reviews](#) (23 customer reviews)

Best Sellers Rank: #302,641 in Books (See Top 100 in Books) #106 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#) #156 in [Books > Books on CD > Health, Mind & Body > General](#) #374 in [Books > Books on CD > Health, Mind & Body > Self Help](#)

## Customer Reviews

Since buying this audio tape, I listen to it frequently. I usually fall asleep before it is over, because either the progressive relaxation or the breathing works so fast to calm my body and mind. The production quality is excellent too. I would give it 10 stars if that were an option.

This tape teaches you how to focus and bring about a state of relaxation through verbal instruction combined with calming music. You will truly feel ready for sleep.

I was excited after reading the good reviews to get this CD. The voice on this tape made me tense. I felt it was too fast as well. I've had other CD's that had a more soothing voice and were done at a much slower relaxing pace.

I was so excited to receive this CD based on other people's reviews. I'm a little confused because one reviewer said that there was music in the background and there isn't. Could this be a different version? I truly expected more from this CD. :(Here is what I do not like about this CD:1.Male voice is incredibly old fashioned. Think 1950's news reporter.2.The voice is devoid of any care, concern or personality. It's like listening to a robot. Some people might like that but I don't.3.I don't find the muscle exercises particularly relaxing.4.You can't do these exercises laying down in your bed. You're often asked to get up and stretch or move around the room etc. I bought this so that I could fall into deep relaxation, not reflect on things in my room.5.It focuses more on bodily relaxation than mind relaxation. In other words, it's all about relaxing muscles and not relaxing the mind at the same time.6.His old fashioned tone is also accompanied by old fashioned phrases, which makes me question when this was recorded. I have to disagree with another reviewer who said that the sound quality was good. My copy seemed like it could have been crisper. Although truth be told,I really don't want to listen to this man's voice any clearer! lol.7.Simply put, it's NOT relaxing!! I listened to this once and I really doubt I'd listen to it ever again. I feel like this was a total waste of money. I really expected something totally different. I rarely give such poor reviews but this one deserved it.Please if you need me to clarify anything or have additional questions, you can comment. I'll try my very best to help you make a decision on whether to buy this or not. But I WOULDN'T BUY IT!! It's awful!

I can listen to the program in bed and fall asleep before the progressive relaxation is over. Otherwise, I have insomnia and take more than 30 minutes to fall asleep. I do have the book, but you can use this separately.

I have purchased quite a few copies of this over the years and give it to clients who have anxiety issues. Never had anyone who tried it not have a positive reaction to it.I would very highly recommend it. I'm a Psychologist and value these Jacobsen techniques. This isn't just some Pop Psychology. The mind-body connection was Jacobsen's most influential work he accomplished during his entire lifetime from what I understand and it has been extensively researched and employed for a variety of uses. These include treating phobias, as well as generalized anxiety disorders. Great as an adjunct for meditation too.There are a lot of CDs on the subject available, and if you want one with a super high probability of working well, you just can't go wrong with this CD. It's a true gem!

Our son was taking a college class and needed to purchase, The Relaxation and Stress Reduction Workbook. After purchasing this book from , I noticed this 'cd' and thought, we, his parents could learn a lot from this cd. This cd is great and teaches relaxation breathing exercises. Would definitely recommend.

Imagine my surprise when I started to listen to this CD and it made me feel tense; not what I was striving for at all. I do not like to tense and relax muscle groups, I prefer to progressively relax muscles. The voice is mechanical and cold. The CD also contained breathing exercises that left me light headed. I wish I had read the reviews before purchase.

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Progressive Relaxation (Relaxation & Stress Reduction (Audio)) The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions (Instant Help) The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress Mandala Adult Coloring Book Stress Relieving Patterns Relaxation: coloring book for Adult and grown ups, Anti-Stress Art Therapy, Stress Relieving Flower Patterns Progressive Violin Method for Young Beginners Book 1 (Progressive Young Beginners) CP69140 - Progressive Harmonica Method for Young Beginners (Progressive Young Beginners) AACN Essentials of Progressive Care Nursing, Third Edition (Chulay, AACN Essentials of Progressive Care Nursing) Progressive Recorder Method for Young Beginners: Book 1 (Colour) (Progressive Young Beginners) 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) Fuck That Stress: Midnight Edition: Swear Word Coloring Book for Relaxation and Stress Relief (Midnight Coloring Books) (Volume 2) Adult Coloring Book Designs: Stress Relief Coloring Book: POKEMON Designs for Coloring Stress Relieving - Inspire Creativity and Relaxation of Kids And Adults (Volume 1) Dad Life: A Manly Adult Coloring Book: A Unique Funny Adult Coloring Book For Men Fathers & Dads With Mindfulness Mandalas, Easy Stress Relieving ... Relaxation Stress Relief & Art Color Therapy) 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) Angry Octopus: An Anger Management Story introducing active progressive muscular relaxation and deep breathing MINDFULNESS Coloring Book: Relaxation Series : Coloring Books For Adults, coloring books for adults relaxation, coloring book for grown ups,

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