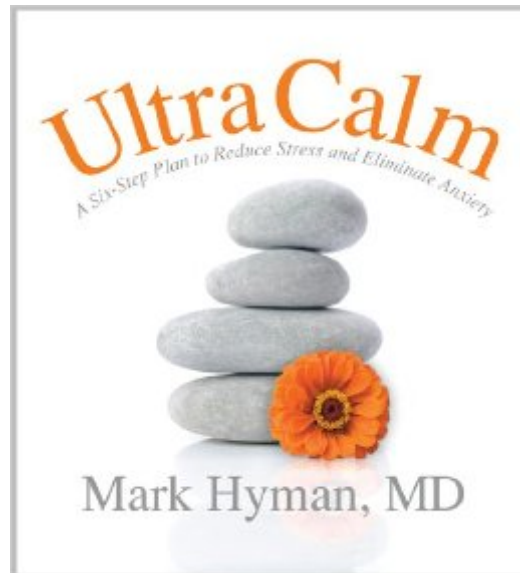


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# UltraCalm: A 6-Step Plan To Reduce Stress And Eliminate Anxiety



## Synopsis

Most relaxation techniques focus on either soothing the body or settling the mind--and achieve only limited results. Dr. Mark Hyman's approach helps you address the mind and body at once to achieve a state he calls "ultracalm." On UltraCalm, this bestselling author presents his simple, powerful method for generating a peaceful and harmonious state in the body-mind--one that allows the body's natural healing intelligence to work at its most effective level. This new audio learning program from Dr. Hyman features: Guided mind-body techniques to directly address three major health conditions: stress, anxiety, and depression. An overview of the science behind mind-body medicine--why this field is now the most important medical frontier. Breathing meditations and visualization exercises for feeling calm, confident, and in good spirits. On-the-spot techniques for dealing with stressful situations Dr. Mark Hyman believes that the future of medicine will be based on tapping the power of the mind-body connection. Since cutting-edge practices can sometimes take decades to enter the mainstream, his mission is to provide his listeners with the tools to take charge of their own health today. Join Dr. Hyman on UltraCalm to learn his potent techniques to relax and heal your whole self.

## Book Information

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## Customer Reviews

Once again, I was fooled by the "Sounds True" company's ad copy. They promised:1. Guided mind-body techniques to directly address three major health conditions: stress, anxiety, and depression2. An overview of the science behind mind-body medicine-- why this field is now the most important medical frontier3. Breathing meditations and visualization exercises for feeling calm,

confident, and in good spirits<sup>4</sup>. On-the-spot techniques for dealing with stressful situations Yes, we get all of those things, but let me be clear: we mostly get an "overview." I was hoping for good guided meditations, visualization exercises, and mind-body techniques to reduce stress. They're on here, but they are quick and rather mediocre. The guided imagery meditation was just plain bad: Hyman tells us to visualize a calm place, to go there, and just as I was starting to, he jumps in and describes a myriad of places I'd imagine he'd like to go to! So much for my own personal calm place. I could barely wait for him to finish! These CDs feel cobbled together. It is really an audiobook, but it is not one of Hyman's books, which, I gather, are better than this set. This material is more suited for book reading, or at least one of his books would have been better suited to be an audiobook. And, like many Sounds True CDs (I hope they read these reviews), they are not recognized by Gracenote, so when one puts the CD in iTunes, no track listings come up. If you want to manually input the name of the tracks, one must do that after removing the CDs, for there's no guide to the tracks on the packaging. In fact, there's nothing in the packaging at all. Add to this that there's no relaxing soundtrack and this "package" just seems like it was thrown together on the cheap.

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