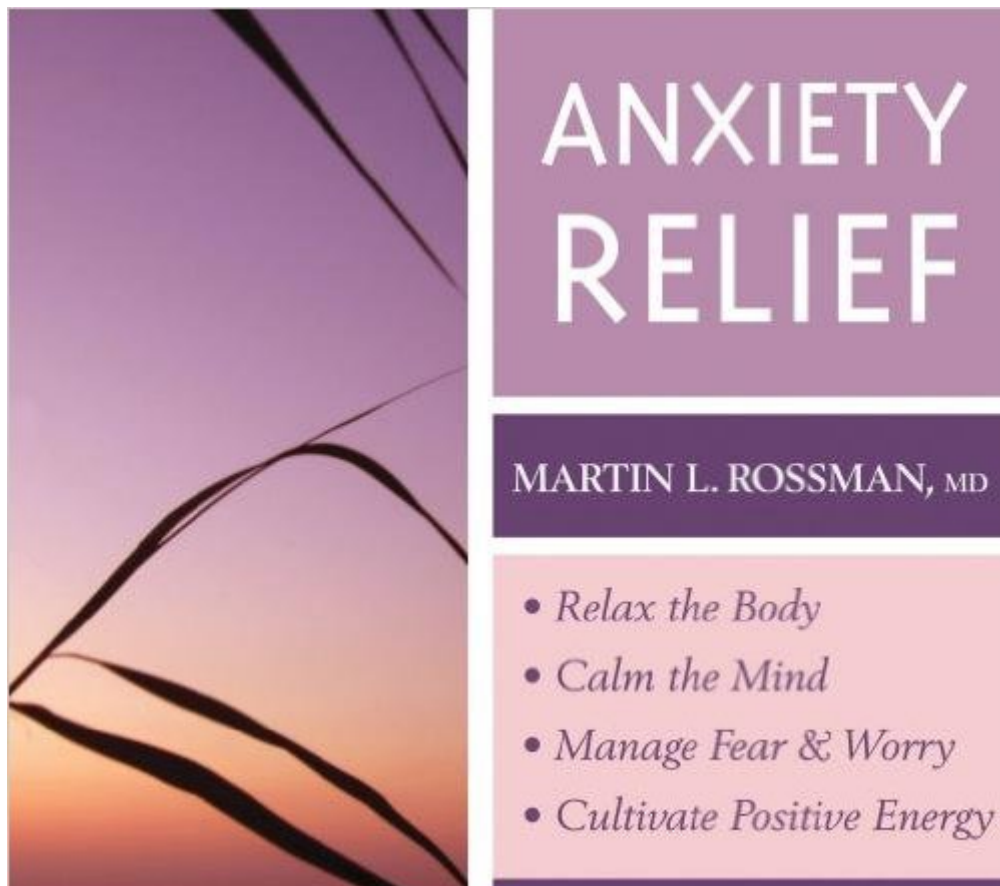


The book was found

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



## Synopsis

Anxiety puts our bodies into a "flight or fight" 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

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

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## 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!

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