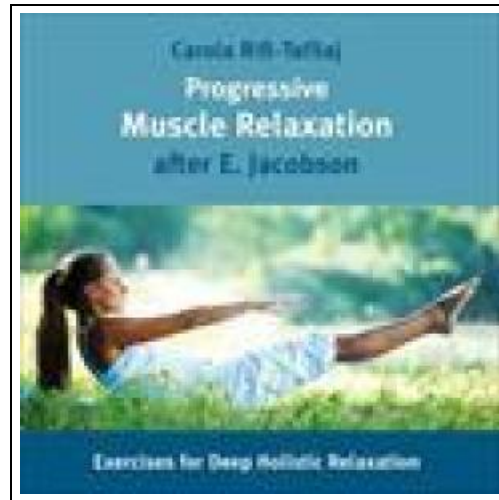


## Progressive Muscle Relaxation after E. Jacobson



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LIVINGROOM PUBLISHING Mrz 2013, 2013. Audio-CD. Book Condition: Neu. 14x12.5x cm. Neuware - Progressive Muscle Relaxation Exercises for Deep Holistic Relaxation Following the simple exercises on this CD enables your body to achieve progressive muscle relaxation. Full relaxation like this goes further than the physical level, it also means wellbeing for the soul. The difficulties of modern everyday life make it more and more difficult to keep your equanimity. Being accessible around the clock is often required by your boss or business partners. This kind of omnipresent stress in modern life continues even into the weekend, a break which everyone needs and deserves. We are tossed about by the waves of chance until we come to a dead end. This is an experience familiar to a factory worker as well as to a manager. Far too often we do not see how important it is for everyone to have that oasis of repose and relaxation they yearn for. And there is no other way to counteract a common malady like burnout without deep and mindful relaxation. The mental skills trainer and numerologist Carola Riß-Tafilaj has made a name for herself as the author of several self-help books and guidebooks on how to manage everyday life. On this CD she makes Jacobson s therapy accessible to everyone, which he began to develop at Harvard University as early as 1908. Today, especially, it has become very important to be able to relax deliberately and mindfully, and thereby to steel yourself against your everyday problems. With these easy exercises for deep holistic relaxation the author demonstrates effective ways of achieving progressive muscle relaxation. By alternating the tension and relaxation of each specific muscle group, you go through all the muscles of your body, and this will enable you to experience a whole new...



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