

Teach Yourself Relaxation McGraw-Hill Edition



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Relax It's easy when you Teach Yourself these effective calming techniques "Teach Yourself Relaxation" includes a 60-minute CD containing practice exercises on physical and mental relaxation, breathing, and basic meditation aimed at helping you learn how to cope with stress at home and on the job. In addition to updated text, it includes information on further reading materials and resources.

作者介绍:

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