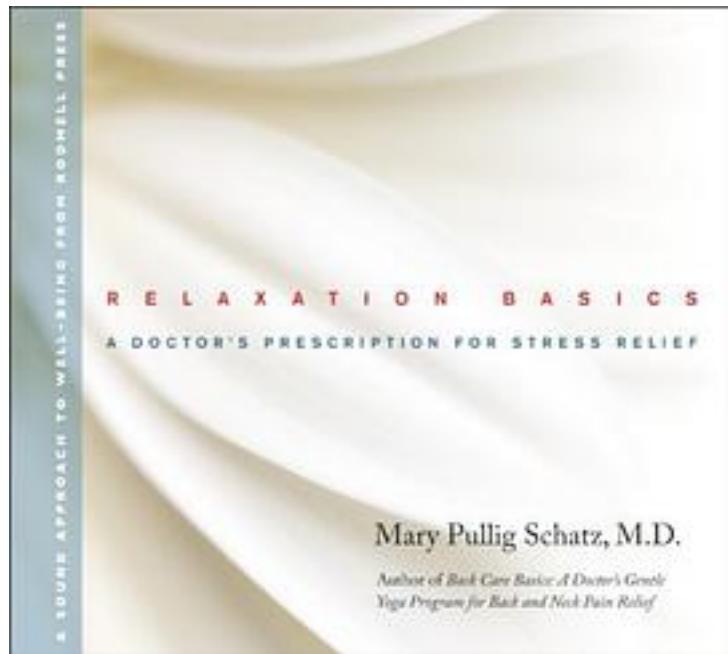


Relaxation Basics



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著者:Schatz, Mary Pullig

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In this comprehensive audio program, Dr. Mary Pullig Schatz helps listeners use progressive relaxation techniques to manage stress-related conditions and illnesses, such as fatigue, muscular tension, high blood pressure, tension headaches, asthma, insomnia, ulcers, irritable bowel syndrome, chronic fatigue and fibromyalgia, allergies, and much more. In three guided sequences, she gently helps listeners relax their muscles and breath. Both beginners and experienced yoga students can practice one or more sequences each day, lying either on the floor or in bed, and it's easy to integrate the program into a workplace or life at home. Dr. Schatz shows how to let the body and life direct listeners to what they need and when. These exercises can improve circulation, digestion, immune response, clarity of thought, concentration, memory, and sleep.

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