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Bolinda Audio, 2015. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Coping with today s lifestyle can leave you feeling empty, anxious, overwhelmed and burnt out. This audio book provides immediate relief from the symptoms of everyday stress. This program allows you to specifically target any one of the following complaints: Aching heart - Tracks 1 and 2 Boulder shoulders - Tracks 3 and 4 Fuzzy head - Tracks 5 and 6 Clenched fists - Tracks 7 and 8 Dragging feet - Tracks 9 and 10 Stomach knots - Tracks 11 and 12 Each symptom is addressed by an inspirational discourse and a meditation. Practical and accessible, these CDs were specially created for active people who find it hard to still their minds. They can be used when needed, and require nothing of you except to listen. Here is an elegantly produced mental health program that combines the author s soothing voice with gentle affirmations and calming music. The graceful author and personal coach has an excellent grasp of people s negative internal messages. The hypnotic combination of sounds and intense personal themes should work well with a variety of stress patterns and emotional dysfunction. -- AudioFile Magazine.

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