

Relaxation Techniques: Teach Yourself: 2010

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Reviews

The book is great and fantastic. It is writter in straightforward words and phrases rather than difficult to understand. You wont really feel monotony at at any time of your respective time (that's what catalogues are for regarding should you question me). (Payton Miller)

RELAXATION TECHNIQUES: TEACH YOURSELF: 2010

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Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Relaxation Techniques: Teach Yourself: 2010, Alice Muir, Is this the right book for me? This new and updated edition of Teach Yourself Relaxation features a CD with practical exercises on physical and mental relaxation, breathing and even basic meditation. It is accompanied by a fully updated version of the text, with practical exercises and background reading to accompany and complement the new 60-minute CD and to make the book the ultimate user-friendly comprehensive relaxation guide. Relaxation Techniques includes: Chapter 1: Relaxation - a skill with a long history Chapter 2: Relaxation, stress and tension explained Chapter 3: Coping with stress and tension Chapter 4: Vulnerability to tension or stress Chapter 5: Relaxing your body Chapter 6: Relaxed body language Chapter 7: A relaxed mind and calm thinking Chapter 8: Relaxing mind and body together Chapter 9: More alternative and complementary therapies Chapter 10: Making the most of the internet and modern technology Chapter 11: Relaxation and your feelings Chapter 12: Relaxation in situations Chapter 13: Relaxation and your mood Chapter 14: What now? Relaxation as a way of life Learn effortlessly with a new easy-to-read page design and interactive features: Not got much time? One, five and ten-minute introductions to key principles to get you started. Author insights Lots of instant help with common problems and quick tips for success, based on the author's many years of experience. Test yourself Tests in the book and online to keep track of your progress. Extend your knowledge Extra online articles to give you a richer understanding of the subject. Five things to remember Quick refreshers to help you remember the key facts. Try this Innovative exercises illustrate what you've learnt and how to use it.

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