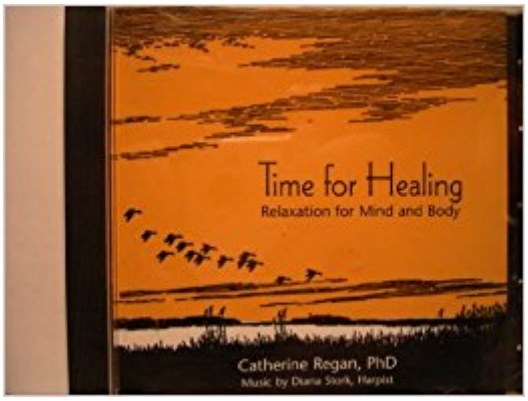
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Time For Healing CD: Relaxation For The Mind And Body



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Synopsis

Time for Healing CD: Relaxation for the Mind and Body. Original Still in Shrinkwrap.

Book Information

Audio CD

Publisher: Bull Publishing Company; 1 edition (1994)

Language: English

ISBN-10: 0012698016

ISBN-13: 978-0012698013

Product Dimensions: 5.6 x 0.4 x 4.9 inches

Shipping Weight: 2.4 ounces

Average Customer Review: 4.7 out of 5 stars 5 customer reviews

Best Sellers Rank: #872,309 in Books (See Top 100 in Books) #203 inÃ Â Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #2185 inÃ Â Books > Self-Help > Stress Management #186914 inÃ Â Books > Textbooks

Customer Reviews

Time for Healing CD: Relaxation for the Mind and Body. Original Still in Shrinkwrap.

i listened to this today after I received it from caregiving agency. I liked it so much I bought my own copy to put in the car... not that I'll close my eyes in the car, but it will be nice to help myself keep some peace of mind when the day starts. It's really wonderful. I've tried some meditation classes and relaxation exercises, but they always seemed sort of contrived and too "out there" - usually laced with some kind of New Age mantra or Hindu/Yoga influence. I don't appreciate pushing extraneous material into calming exercises. I have a pretty strong faith, and I don't like being manipulated into those types of beliefs in the false name of mental health. Give me a break. That's why i really liked this CD. It was very effective, straightforward, easy to listen to, very relaxing with some very calming and non-distracting music - and I felt so great after I finished. I highly recommend this!!!

This is a great start to meditation - I keep it in my car and use it during drives when I am alone. I can plug in earbuds and use it while I am at the computer. It can bring back a little peace in a chaotic life, etc. It will probably help release some anxiety, too.

This meditation cd is easy to follow and very effective. My husband and I both use this cd and love it.

This relaxing CD does a lot to help my arthritis pain. The harp music and relaxing music are very beneficial. Definitely a worthwhile purchase.

I was given this CD to help me cope with pain and stress. It includes a guided imagery and relaxation techniques. I found both exercises very helpful and relaxing. I recommend this CD to anyone that needs a brief vacation from the trials of life. Take the opportunity to relax and problems don’t seem so insurmountable.

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