



Anxiety Relief: - Relax the Body- Calm the Mind- Manage Fear and Worry- Cultivate Positive Energy

By Martin L. Rossman

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Anxiety puts our bodies into “flight or fight” mode—and makes us more vulnerable to exhaustion, depression, and illness. These guided mind-body techniques help listeners counteract anxiety through deep relaxation, enhanced problem-solving, and converting fear into positive energy.

Course objectives:

- Practice guided imagery exercises for anxiety relief
- Identify inner intelligence of the physical body
- Integrate experiences into daily life using anxiety relieving exercises
- Utilize the power of the mind and imagination to relax the body

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By Martin L. Rossman Bibliography

- Rank: #159408 in Books
- Brand: Brand: Sounds True, Incorporated
- Published on: 2010-05-01
- Released on: 2010-05-25
- Number of discs: 1
- Formats: Abridged, Audiobook, CD, Unabridged
- Original language: English
- Number of items: 1
- Dimensions: 5.02" h x .30" w x 5.52" l, .14 pounds
- Running time: 4500 seconds
- Binding: Audio CD
- 1 pages



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Editorial Review

About the Author

Martin L. Rossman

Martin L. Rossman, M.D. is a physician and acupuncturist who has practiced holistic medicine for over 30 years. He is cofounder of the Academy for Guided Imagery and the author of the award-winning *Guided Imagery for Self-Healing* and *Fighting Cancer from Within*.

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