



Relax and Lighten Your Life: With Yoga Nidra and Soft Muscle Relaxation

Mary Heath

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Stress and stress-related conditions such as anxiety, panic attacks, OCD, phobias and even depression can be difficult to cope with, manage and control. However, it is not impossible.

One of the four major antidotes to stress is relaxation. It is one of the most powerful coping strategies as well as being the easiest and the most enjoyable of strategies to implement.

Mary has chosen her three favorite methods of relaxation to put on this second audio-CD which complements her book *Get Your Life Back : A Twelve Week Journey to Overcome Stress, Anxiety, Depression*. You can find these and more relaxations and meditations in her book, as well as in her first Audio-CD, *Breathe and Relax to Overcome Stress, Anxiety, Depression*.

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