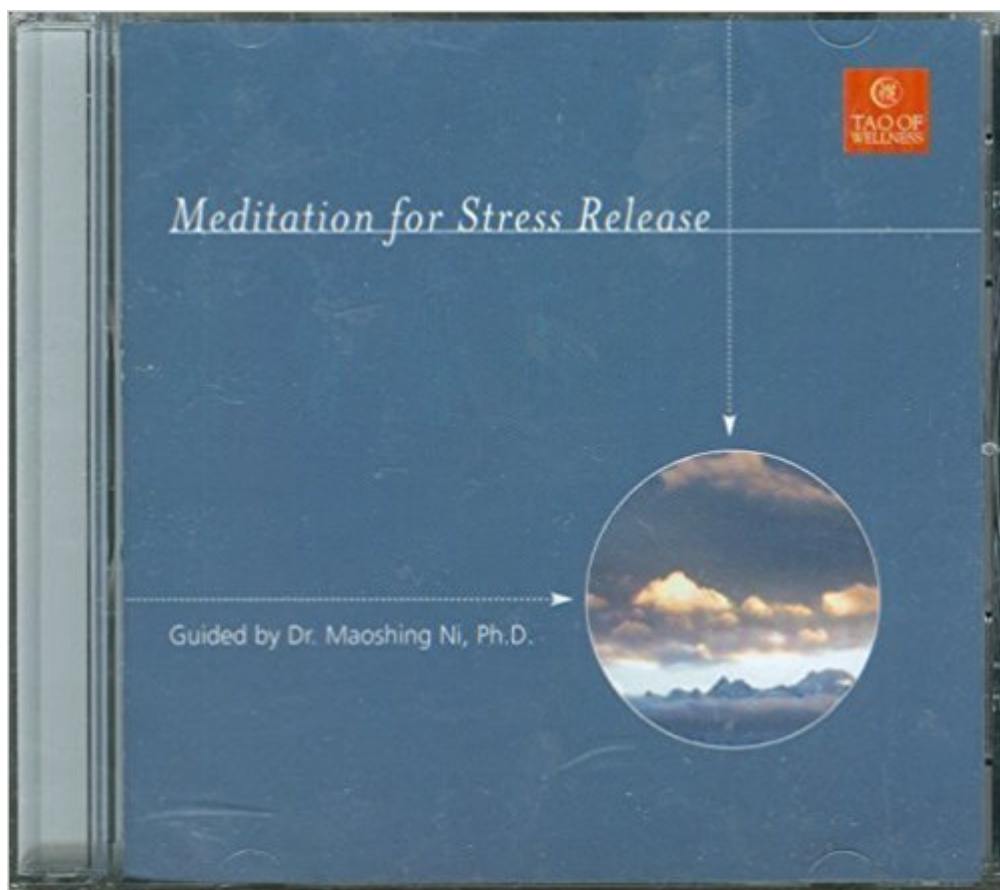




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Meditation For Stress Release



Synopsis

Achieve a state of relaxed body, tranquilized mind and restored spirit with Qigong meditation, a simple breath/mind exercise, that takes no more than 10 minutes. The practices on this recording will help you turn on your body's own healing mechanisms for greater immunity and prevention of stress-related diseases.

Book Information

Audio CD

Publisher: Sevenstar Communications; Abridged edition (October 31, 2007)

Language: English

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Product Dimensions: 0.5 x 5.5 x 5 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #893,716 in Books (See Top 100 in Books) #77 in [Books > Books on CD > Health, Mind & Body > Fitness](#) #205 in [Books > Books on CD > Health, Mind & Body > Meditation](#) #210 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#)

Customer Reviews

Dr. Maoshing Ni is a thirty-eighth-generation doctor of Chinese medicine. He runs a practice in Santa Monica called Tao of Wellness, where he has treated Sheryl Crow, Jim Carrey, and many other celebrities. He is the author of *Secrets of Longevity* and is currently featured as an expert on Yahoo! Health, where he writes a blog about longevity.

This audio makes it easy to focus on releasing stress from your body. You visualize the actions by following the instructors directions. It is easy to do. It has helped me reduce stress and is highly recommended.

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Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate)

Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation Meditation for Beginners: Ultimate Guide to Relieve

Stress, Depression and Anxiety (Meditation, Mindfulness, Stress Management, Inner Balance, Peace, Tranquility, Happiness) Meditation Techniques: Complete Guide to Relieving Stress, Mindfulness, Happiness and Peace (Meditation Made Easy For Beginners, How To Reduce Stress, Anxiety, Restore Confidence and Inner Peace) Meditation for Stress Release Overcome Panic & Anxiety Guided Self Hypnosis: Deep Relaxation, Release Stress & Worry With Bonus Meditation & Affirmations - Anna Thompson American Football Sketch Gray Scale Photo Adult Coloring Book, Mind Relaxation Stress Relief: Just added color to release your stress and power brain ... and grown up, 8.5" x 11" (21.59 x 27.94 cm) Zen: Beginner's Guide to Understanding & Practicing Zen Meditation to Become Present (Zen for Beginners, Zen Meditation, Zen Habits, Meditation for Beginners) Release Your Pain: Resolving Repetitive Strain Injuries with Active Release Techniques Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided Imagery & Relaxation Techniques) Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) The Adult Coloring Book for Coffee Lovers: A Meditation and Stress Relief Coloring Book for Grown-Ups (Humorous Antistress Coloring Pages and Zentangle Designs for Relaxation and Stress Relief) Mindfulness: A Step-By-Step Beginners Guide on Living Your Everyday Life with Peace and Happiness by Becoming Stress Free (Buddhism - Stop Your Worries, ... Your Stress and Anxiety with Meditation) Magical Swear Word. Adult Coloring Books: Relaxation and Stress reduction: 30 Stress Relieving Magical Swear Designs : flowers, mandalas, patterns. ... Anxiety and Stress (Swear Word Coloring Book) Adult Coloring Books: Mandala for a stress relieving experience (mandalas, stress relief, reduce stress, coloring books, relax) Intuitive Eating for Weight Release: Hypnosis/Meditation CD Elegant Elephants: An Adult Coloring Book with Elephant Mandala Designs and Stress Relieving Patterns for Anger Release, Adult Relaxation, and Zen Adult Coloring Books: Animal Mandala Designs and Stress Relieving Patterns for Anger Release, Adult Relaxation, and Zen (Mandala Animals) (Volume 2) Adult Coloring Books: Animal Mandala Designs and Stress Relieving Patterns for Anger Release, Adult Relaxation, and Zen (Mandala Animals) (Volume 1)

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