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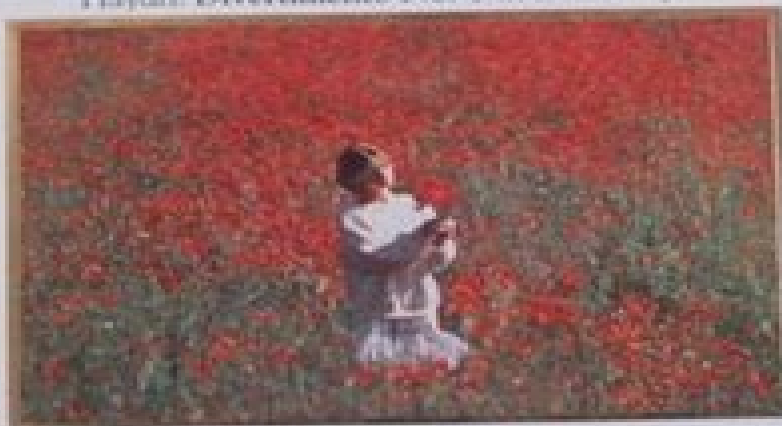
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VOLUME TWO

CLASSICS FOR RELAXATION

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The Relaxation Response Herbert Benson, 1976 When Dr Herbert Benson introduced this simple effective mind body approach to relieving stress twenty five years ago his book became an instant national bestseller Since that time millions of people have learned the secret without high priced lectures or prescription medicines The Relaxation Response has become the classic reference recommended by most health care professionals and authorities to treat the harmful effects of stress Discovered by Dr Benson and his colleagues in the laboratories of Harvard Medical School and its teaching hospitals this revitalizing therapeutic approach is now routinely recommended to treat patients suffering from heart conditions high blood pressure chronic pain insomnia and many other physical ailments It requires only minutes to learn and just ten to twenty minutes of practice twice a day *Relaxation Techniques* Rosemary Ann Payne, 2005 The 3rd edition of *Relaxation Techniques* provides the health care professional with a practical introduction to a variety of approaches to relaxation both somatic and cognitive that may contribute to patient care Each technique is easy to teach and use and has been demonstrated effective in the clinical situation The background theory to each method is also described and its rationale spelled out thus helping the clinician to select the appropriate technique All the methods included are suitable for use with both small groups and individuals Focuses on the practical aspects of relaxation techniques Aimed at clinicians for use with patients clients Gives the background theory to each technique Includes cognitive approaches e g self awareness imagery autogenics meditation and positive self talk Includes somatic approaches e g progressive relaxation stretchings and the Mitchell method Discusses the advantages and pitfalls of each method Evidence based and fully referenced Two new chapters on cognitive behavioral approaches and other techniques including yoga Eastern methods body awareness therapy massage aromatherapy and reflex therapy 2 color design throughout Most line drawings are redrawn in 2 color Now includes guidelines for selecting the appropriate therapy for use with each individual Psychological theory sections in Chapters 1 and

3 are completely rewritten and expanded Includes references and short explanations of relevant recent research

Relaxation Josephine Langworthy Rathbone,1946 **The Complete Book of Relaxation Techniques** Jenny
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