



# **Relax!**

**with Self-Therap/Ease™**  
**A Simple Illustrated Course**

*Whole-Body Relaxology! Easy to Learn! Easy to Use!*

**Bonnie Pendleton & Betty Mehling**

*Forewords by Irving Schaffner, M.D. & Alfred Mehling, M.D.*

# Relax With Self Therap Ease A Simple Illustrated Course

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