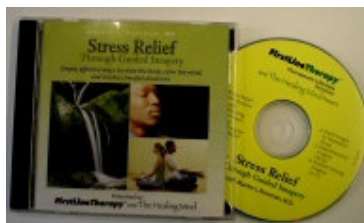


## ***Stress Relief Through Guided Imagery***



### ***Simple effective ways to relax the body, calm the mind, and resolve stressful situations***

#### **Guided Imagery**

Guided imagery is a well-researched form of mind/body medicine that has been shown not only to relieve stress, but relieve pain, reduce adverse effects from surgery and medical procedures, help cope with chronic illnesses, and even stimulate healing responses in the body. Guided imagery techniques have been shown in dozens of medical studies to promote relaxation, reduce anxiety, and support healthy lifestyle changes, and are used widely in medicine, nursing and psychology.

Imagery is simply a natural way your brain stores and processes information. In fact, you use imagery whenever you remember, plan, daydream, or worry. You can also learn to use imagery to relax your body and mind and to help you resolve stressful situations.

The guided imagery techniques in this CD will teach you to use your imagination to help you relax, reduce stress and solve problems that are causing you stress. The same mind/body connections that can create tension, insomnia, anxiety and over-eating in response to stress can be used to create calm, good sleep, and healthy lifestyle habits. Like any set of skills that you learn, you will benefit from practicing guided imagery techniques regularly for a period of time. Practice one or two times a day for three weeks to really learn these techniques well, and they will serve you in a wide variety of stressful situations.

**Martin L. Rossman, M.D.** is internationally renowned for his ability to teach guided imagery skills for relaxation, increased awareness, and self-healing. He is the Founder of The Healing Mind ([www.thehealingmind.org](http://www.thehealingmind.org)) and author of the award winning *Guided Imagery for Self-Healing* and *Fighting Cancer from Within*.

You can purchase this life-changing CD from Nutri for just £14.95 by calling **freephone 0800 212 742**.