

Mp3 Dr. A. Mcgruder-johnson - Relief Of Relaxation

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Smooth jazz accompanying calming spoken word guides you through brief exercises to enhance stress management. 4 MP3 Songs EASY LISTENING: Mood Music, JAZZ: Smooth Jazz Details: RELIEF IS HERE! WELCOME IT TODAY! In just minutes, control your stress for a healthier heart. Physicians, busy executives, college scholars, tweens, teens, parents,... EVERYONE can all learn to relax. In just minutes, control your stress for a healthier you! Dr. McGruder-Johnson introduces relaxation techniques and benefits of relaxation for your body. Soft music and narration guide you through tension reduction, slow breathing and visualization to enhance relaxation throughout the day and at bedtime. For additional information, check out naturalhealthsensations.com. ABOUT THE ARTIST Anita McGruder-Johnson, PhD is an Illinois Licensed Clinical Psychologist. Her areas of interest include interpersonal violence, health psychology, and media psychology. She is the founder of Healthy Sensations International Academic and Wellness Solutions and naturalhealthsensations.com. NEW RELEASES FROM HEALTHY SENSATIONS INTERNATIONAL: ***Relaxation for Breastfeeding and Skin-To-Skin Infant Care!*** THE PERFECT BABY SHOWER GIFT!!!! A calm caregiver can inspire a calmer infant. Whether you breastfeed, bottlefeed or use a combination, infants benefit from the physical comfort they receive through holding. When you are relaxed, the comfort increases. This cd presents guided relaxation and imagery for breastfeeding and skin-to-skin infant care. It can be useful during breastfeeding, pumping, bottle-feeding or snuggling. It can help enhance the care you give during these early days, weeks, months, after weaning and throughout the toddler years. ***SLEEPBOOST'R*** A good night's sleep is at your fingertips! This cd was designed to train young children to relax and prepare for sleep. Naptime or nighttime, SLEEPBOOST'R can be part of your child's sleeptime routine.

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