

# Mp3 Nelson May - The Ten Minute Relaxation Cd

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A guided relaxation CD that allows you relax in ten minutes with positive affirmations combined with the relaxing sounds of the ocean to help you grow in mind, body and spirit. 5 MP3 Songs NEW AGE: Self-Help, NEW AGE: Meditation Show all album songs: The Ten Minute Relaxation CD Songs Details: Q: What is The Ten Minute Relaxation CD? A: Glad you Asked: The Ten Minute Relaxation CD is the ONLY CD you will need for self-relaxation. The audio will allow you to relax in Ten Minutes, while you are given positive affirmations to make you the best person you can be! There are also Ocean Sounds on the CD for further relaxation. What more could you want? Q: So why should I buy it? A: Because it works! It really does. We're not just saying this. It has been selling for ten years now. Hospitals have been using it for alternative healing methods. It is a standard method in use by The American Lung Association in their smoking cessation programs. Finally, people keep them and don't return them and you could be one of them after you try this and realize why it's such a popular relaxation technique. Q: How does it work? A: OK: This audio allows you to be in control of how much you will relax while providing positive affirmations so you can grow in body, mind and spirit. The Ten Minute Relaxation CD is designed to lead you via guided relaxation to refresh the mind, body and spirit. If you want to learn more about how to develop your own personal positive affirmations please visit [tenminuterelaxationcd.com/pages/how\\_to\\_use\\_the\\_ten\\_minute\\_relaxation\\_cd.htm](http://tenminuterelaxationcd.com/pages/how_to_use_the_ten_minute_relaxation_cd.htm). First and foremost, you should never drive a vehicle or operate any type of machinery while listening to this CD. Injury could result. To obtain the best results from this CD, you should find a quiet place, and ask not to be disturbed. You should also find a comfortable body position, like lying down. If you decide to sit in a chair, make sure it is comfortable. If you follow the guided commands, you will relax. This CD is a form of self-hypnosis, through suggestion. The operative word here is "suggestion". You are simply asked by a voice to give yourself permission to relax. By giving yourself permission, you are in control. You can bring yourself out of this relaxation any time, just by willing it. You will also come out of this relaxation alert and vibrant with no side effects, any time you will it. So relax, enjoy it and find out how refreshed it can make you feel. Q: Anything else I should Know about? A: Yes: The audio has "waking commands" to bring you back from

your relaxation, or you can ignore the commands and use this CD to help you fall asleep. The CD also contains ambient Ocean Sounds mixed with the narration and a subliminal track accompanied by Ocean Sounds. Finally, there are also thirty minutes of Ocean Sounds that you can listen to as you relax and easily visualize ocean waves forming, overlapping, and falling onto the smooth glistening sands of the beach. See the track list here: 1. Introduction :60 2. Narrated Relaxation Track 10:00 3. Narrated Track with Ocean Sounds 10:00 4. Subliminal Narration Track with Ocean Sounds 10:00 5. 30 Minutes of Ocean Sounds 30:00 Finally, The Ten Minute Relaxation CD is narrated by national voice actor Nelson May, who has over ten years of experience relaxing and motivating groups and individuals. If you'd like to read more about him and his years of dedication in helping people, click on Meet the Author at [tenminuterelaxationcd.com](http://tenminuterelaxationcd.com).

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