

# Mp3 Beth Salcedo, Md - Progressive Muscle Relaxation

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The CD uses a technique called progressive muscle relaxation to relieve stress and anxiety and to help with insomnia. 6 MP3 Songs SPOKEN WORD: With Music Show all album songs: Progressive Muscle Relaxation Songs Details: Beth Salcedo, MD, is a psychiatrist in private practice in Washington, DC. She is the Medical Director of The Ross Center for Anxiety and Related Disorders, Inc., a nationally known center specializing in the comprehensive treatment of anxiety. She is also an Assistant Clinical Professor at The George Washington University School of Medicine.

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