

Mp3 Heidi Minnick, Ph.d. - Guided Relaxation For The Body And Mind

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Lay back and let this three track relaxation cd gently guide your body/mind into a deep state of release using three background sounds; waves or music or silence. 3 MP3 Songs SPOKEN WORD: With Music, SPOKEN WORD: Inspirational Show all album songs: Guided Relaxation for the Body and Mind Songs Details: Relaxation for the Body and Mind c 2006 Heidi Minnick, Ph.D. - Clinical Psychologist By listening to this guided relaxation sound track, your body will begin to let go of tension, agitation and anxiety. This CD gently guides you through your body using imagery and suggestions of how to breath properly and let go of stress. Through gentle wording, this relaxation encourages you to release obsessive thoughts and flow into the body, deeply settling into a peaceful place. Tracks Each track has the same guided relaxation script to enhance conscious body relaxation, deep, slow breathing and a suggestion to sleep and rest. While the relaxation words are the same, each of the 20 minute tracks has a different background sound . Listen to each one to see which selection is most effective for you. Guided Relaxation for the Body and Mind - Selections: 1. Guided Relaxation-voice only(20:00) 2. Guided Relaxation-with waves(20:00) 3. Guided Relaxation -with music(20:00) Listening to one selection, one to two times daily will allow your body to learn full body relaxation. For sleep problems, try it right before bedtime. After listening to the CD for two weeks or so, you may notice your body beginning to really let go, even at the start of the CD. Besides many physical benefits of body relaxation, people often begin to become aware of even small bits of tension that they may not have been aware of before. The body awareness you can develop by practicing full body relaxation makes you more in-tune with yourself. When you are aware of the beginnings of stress, this awareness can allow you to make a conscious effort to take steps to breathe and let go at an earlier moment, before more tension can build up. MindBody Relaxation... 1.Brings you more in-tune with your body and its sensations. 2.Allows you to step back from what you are living and get perspective. 3.Allows the natural flow of healing. 4.Allows an expansion of ideas and creativity. 5.Brings you closer to your inner truth. 6.Allows you access to better feeling thoughts and possibilities. 7. Lowers blood pressure, slows your body-pace and moderates mood. 8. Improves

immune functioning. Dr. Heidi Minnick is a clinical psychologist specializing in behavioral medicine and has taught relaxation and mindbody techniques since 1988. She is particularly interested in Guided Imagery as it relates to physical and emotional healing and actualization of our self-growth tendency. She has a private practice in Marin County, California. For more information please visit heidiminnickphd.com.

Customer Reviews "I listened to the CD and found it to be exactly what I was looking for. I was coached by Dr. Minnick into a deep and restful place. Her voice is calm and direct. I even fell asleep at the end of the meditation!" Betsy J. , Artist "I highly recommend this relaxation CD by Dr. Minnick to all health professionals who are looking for adjunctive help for their clients/patients in need of stress management. My clients reported that Dr. Minnick's voice was so calming and reassuring that they used it not only for stressful times, but also on a regular basis to aid them in their meditation/relaxation practices." Starr Kelton-Locke, Clinical Psychologist "Dr. Minnick's calm voice and guided imagery are both extremely soothing. I have listened to many CDs on relaxation, and find Dr. Minnick's approach to be the most useful. This CD has the added benefit of offering relaxation sequences with music, waves, or voice only. A must for anyone trying to reduce tension." Carolyn Philipps "I am a communication and journalism professor at Loyola University Chicago. Lately, my time and energies have been exhausted by proposals, faculty searches and tenure application-this on top of a full teaching load. One comforting aid during this transition has been your CD. I now play it once a day, four days a week before I go to sleep. I literally feel the stress lifting away from my body and mind. I awake rested, fresh and reinvigorated." Beth Konrad-Dept. of Communication and Journalism, Loyola University Chicago Produced by Heidi Minnick, Ph.D. Music and Sound Engineering by Michael Rodriguez No part of this CD may be used or reproduced in any manner without written permission from the author. Caution: Do not listen to this CD unless you can give it your full attention. Do not drive or operate machinery while listening to this audio program. This program is not a substitute for medical treatment or care.

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