

Mp3 Edward A. Charlesworth, Ph.d. - Relaxation And Stress Management Program - Progressive And Deep Muscle Relaxation

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Relax anywhere with this cd program (male voice) of progressive and deep muscle relaxation with two tracks less than 20 minutes each to promote frequent practice and calming of stress responses, deep breathing, and muscle relaxation. 2 MP3 Songs NEW AGE: Relaxation, NEW AGE: Meditation Details:

BIOGRAPHICAL SKETCH Edward A. Charlesworth, Ph.D. Edward A. Charlesworth, Ph.D. is a licensed Clinical Psychologist, Director of Willowbrook Psychological Associates, P.C., past president of Stress Management Research Associates, Inc., and an international consultant to corporations and hospitals. After earning a doctorate in clinical psychology with honors at the University of Houston, Dr. Charlesworth completed internship and post-doctoral fellowship programs at Baylor College of Medicine and then joined the faculty of Baylor College of Medicine where he supervised interns and researched stress-related disorders and sexual dysfunctions. Dr. Charlesworth is the author or co-author of four books: Stress Management: A Comprehensive Guide to Wellness, Stress Management: A Conceptual and Procedural Guide, Mind Over Money, and Life Management. His numerous other publications include recordings, journal and magazine articles, and posters. He is the author of the popular audiotherapeutic programs: The Relaxation and Stress Management Program and Stress Management Training Program. Other scientific articles he has written include topics such as biofeedback and self-control, drug abuse, hypertension, cardio-vascular disease, hypnotherapy, personality and psychotherapy. His professional memberships have included the American Psychological Association Divisions of Health Psychology and Clinical Psychology, the Texas Psychological Association, The Houston Psychological Association (past member of the Board of Directors), the Biofeedback Society of Harris County (past president), Biofeedback Society of Texas (past member of the Board of Directors), and the American Association of Psychophysiology and Biofeedback. He has been listed in Whos Who in Frontier Science and Technology, Whos Who in the World, Whos Who in Rehabilitation, and the National Register of Health Service Providers in Psychology. He has been a Diplomat of the American Academy of Behavioral

Medicine and member of the Psi Chi Psychology Honor Society. Dr. Charlesworth is a strong believer in civic activities and past president of the Rotary Club and American Heart Association in his community. He was recently elected Rotary District Governor for 2009 - 2010. He has been married over thirty years and has two beautiful daughters. He is an avid marathoner, cross country snow skier, long distant bicyclist, sailor and enjoys traveling with family and friends. The concept of preventive health care is a major ingredient in his personal as well as therapeutic philosophy. He is in demand as a speaker on topics of positive lifestyle changes and has inspired audiences from Switzerland to the Philippines. Whatever modicum of success that is reflected in my life is related to the concept that we can all contribute something to this world to make it a better place. People who are interested in should consider this download.

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