

Mp3 Mary Feaster - Almost There

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Let the soothing voice of your own relaxation coach talk you through the stages of relaxation including a trip to the beach and mountains as tranquil music and environmental sounds play in the background. 2 MP3 Songs NEW AGE: Meditation, NEW AGE: Relaxation Details: If you have trouble relaxing or getting to sleep, this CD was created with you in mind. Mary Feaster is both a Registered Nurse and Licensed Professional Counselor who has taught stress management for years, but also has used it personally as she battles chronic pain. Her soothing voice will help you stay focused as you visit either the beach or mountains and probably won't notice when it ends. You'll be fast asleep.

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