

Mp3 Kate Harding - Relax And Breathe

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A simple way to break the escalation of the stress response and return to an internal state of balance. An instructional breathing CD. 11 MP3 Songs NEW AGE: Healing, NEW AGE: Meditation Details: KATE HARDING, born and raised in Chicago, didn't just dream of nursing, she decided on it as a child. At eight years of age she had a career goal - to be as kind and comforting as the nurses she'd come to know while hospitalized for appendicitis. Kate's passion remained through her adolescence and into her teens. In the late sixties, she pursued her goal at the Augustana Hospital School of Nursing in Chicago, Illinois. After moving to Colorado in the seventies, Kate attended the Women's Health Care Nurse Practitioner Program and also became a certified nurse practitioner. Her clinical nursing practice has included positions at: * The People's Clinic - Boulder, CO * Boulder Obstetrics and Gynecology P.C. - Boulder, CO * Denver Visiting Nurse Association - Denver, CO * State of Colorado, Public Health - Conejos, CO A CHANGE IN DIRECTION With more than twenty years of experience as a Registered Nurse and Nurse Practitioner, Kate began looking into other career opportunities. Her natural ability to care for others led to a passion for teaching them how to better care for themselves. When she came upon the field of biofeedback, it seemed to be a perfect fit and a natural extension of her background. Biofeedback is a treatment technique where people are trained to improve their health by paying attention to their body's own signals. The technique has been proven to help with ailments such as migraine headaches, stress management, chronic pain, high blood pressure, insomnia, anxiety and panic attacks, and much more. Believing that biofeedback incorporated the best aspects of her nursing experience - mindfulness, teaching, empowering others, being a good listener and providing support - Kate obtained her certification as a biofeedback therapist. In July 1999, she established the Boulder Biofeedback Center, LLC with the goal of providing individualized care from a holistic nursing perspective. Over time, Kate noticed that daily self-care was received with good intention, but was challenging for clients to incorporate into daily life. A NEW VENTURE Fueled by her desire to support others in achieving daily self-care, Kate founded Kate Company. Blending both her personal and professional beliefs, the company is based on the joy she finds teaching others about themselves and her ability to offer them the resources needed to achieve their

personal goals for well-being. Kate lives in Boulder, Colorado with her husband, Jim. When away from the office, she cherishes the time spent laughing with family, friends and playing with her dog, Lindberg.

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