

Mp3 Doc Childre - Quiet Joy

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Quiet Joy features selections from both of Doc Childre's award-winning releases Heart Zones and Speed of Balance, presenting the softer side of Doc's musical style, providing a peaceful and serene listening experience. 4 MP3 Songs NEW AGE: New Age, NEW AGE: Healing Details: Scientifically Designed for the Heart-Mind-Body Connection Doc Childre's award-winning releases Heart Zones and Speed of Balance combine science and creativity, producing music that facilitates health, mental clarity and emotional balance. Quiet Joy features selections from both releases, presenting the softer side of Doc's musical style, providing a peaceful and serene listening experience. Quiet Joy is excellent for: - slow movement exercises such as tai-chi, yoga and Chi Kung and massage - meditation, centering and re-focusing - calming young children and babies - enhancing creativity - reducing the effects of stress Align the beauty and intelligence of the heart with the power of the mind and body. Enter the state of Quiet Joy. Scientific research conducted by Doc Childre and the Institute of HeartMath, as well as others, has quantified the effects that music has--both psychologically and physically on listeners. Quiet Joy Consists of carefully selected compositions taken from Doc Childre's award-winning releases, Heart Zones and Speed of Balance. Published research studies conducted with Heart Zones and Speed of Balance showed improvement in the nervous system into and hormonal balance and immune system response while increasing the listener's ability to feel positive emotions. The selections chosen for Quiet Joy represent the more serene and peaceful side of Doc's musical style. Quiet Joy facilitates feelings of calmness, balance and well-being. Listening to Quiet Joy is especially useful for taking a break to renew, center and refocus. Quiet Joy also provides a perfect backdrop for doing tai-chi, yoga and massage. In addition, the calming, peaceful effect is very enjoyable and beneficial for young children and babies. Visit us on the web at: heartmath.com

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