

Mp3 Stuart Maccormack - Reduce Stress & Anxiety - Neuro-linguistic Programming (nlp)

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Do you want to reduce anxiety the stress in your life? If youve ever suffered from anxiety you will understand that it can consume your life and dominate your thoughts. Enjoy a more relaxed and calm life; one thats free from harmful stress and tension. 4 MP3 Songs in this album (48:58) ! Related styles: SPOKEN WORD: Audiobook, SPOKEN WORD: Inspirational People who are interested in Paul McKenna should consider this download. Details: Stuart MacCormack is a fully qualified practitioner in Neuro-Linguistic Programming, Time Line Therapy and Hypnotherapy. He is an accredited member of three of the most predominant international organisations namely The American Board of Neuro-Linguistic Programming, The American Board of Hypnotherapy and Time Line Therapy Association and is a member of the Association of Neuro-Linguistic Programming. Do you want to reduce anxiety the stress in your life? If you have ever suffered from anxiety you will understand that it can consume your life and dominate your thoughts, you may not even be able to see how you can live your life without this weight bearing down. This relaxing programme works because it has been developed with you in mind, to help you see your future that s free from the debilitating stress and anxiety in your life now. But even if you dont suffer from anxiety you will no doubt be keen to enjoy a more relaxed and calm life; one thats free from harmful stress and tension. Benefits * See yourself responding positively to stressful situations * Be FREE from anxiety and feel great now * Lower your base levels of stress

Customer Testimonials: For several years I have been suffering from an incapacitating type of Post Traumatic Stress Disorder (PTSD) leading to insomnia, palpitations and stress induced cold sweats at night. On the advice of a friend I purchased the Virtually Perfect 'Reduce Stress and Anxiety' CD and have now used it on several occasions. Since starting the programme I have noticed a tangible difference in my ability to relax and deal with stressful situations at work and, most importantly, it has afforded me the ability to gain a restful sleep. Stuart MacCormack is a talented coach; do not be put off by any concerns you might have about simply listening to a CD, his style of delivery is exceptional and warm allowing you to believe that he is in the room and the session is very real. I was thoroughly impressed

with the quality of the coaching on the CD and have made significant progress in conquering my anxiety and PTSD. JS, Oxford I wanted to tell you how impressed I am with the downloads. The Deep Relaxing Sleep and the Reduce Stress Anxiety are absolutely excellent. They are very professional and I find it virtually impossible to stay awake to hear them all the way through. I am aware of the different techniques and it is nice to have the two alternatives to use to relax. I have listened to loads of different mediation and relaxation programmes. If the other CD's are as good as these three I believe you are every bit as good as Paul McKenna. Mrs H, Lancashire

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