



**Effective Life Skills -- Complete Body & Mind
Relaxation, Brief Version, Audio Cassette TAPE,
(Progressive Muscle Relaxation for Stress
Management & Reduction) (Relaxation & Stress
Management/Reduction)**

Catherine L. Bourne MSW LMFT

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Effective Life Skills -- Complete Body & Mind Relaxation, Brief Version, Audio Cassette TAPE, (Progressive Muscle Relaxation for Stress Management & Reduction) (Relaxation & Stress Management/Reduction)

Catherine L. Bourne MSW LMFT

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This progressive relaxation recording is ideal for creating the deepest possible physical relaxation that releases and discharges all traces of stress & tension from your entire body, & then clears & calms your mind. It works so effectively by systematically tensing & relaxing each of the major muscle groups & areas of your body, beginning at the tips of your toes, and slowly & sequentially moving up through each area, until reaching the very top of your head. With practice, this process will retrain your brain to recognize whenever any part of you is carrying stress or tension, and allow you to rapidly release it. Therefore, this technique becomes a powerful aid to you in preventing the build-up of stress and tension in your body & mind, in repairing & preventing the damage of accumulation of tension and stress, and creating a more relaxed physical and mental state as your "new baseline", becoming your normal way of living & coping. This relaxation state enhances your immune system, reduces the negative impact of stressors on your body (including health problems), strengthens your ability to respond in a beneficial & constructive way to life's challenges, stresses, physical & emotional demands--all because your body & mind's resources are no longer being drained by chronic &/or intense stress or tension. Even if you feel that you have never been able to completely relax, you will find that you can relax more & more deeply with this than ever before.

IMPORTANT NOTE: The progressive relaxation technique is like a "mini workout" of stretching, strengthening, and tension-releasing resistance exercises for your muscle groups. The process requires your active participation, both physically & mentally, in an interactive guided program of stress/tension release & deep relaxation.

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