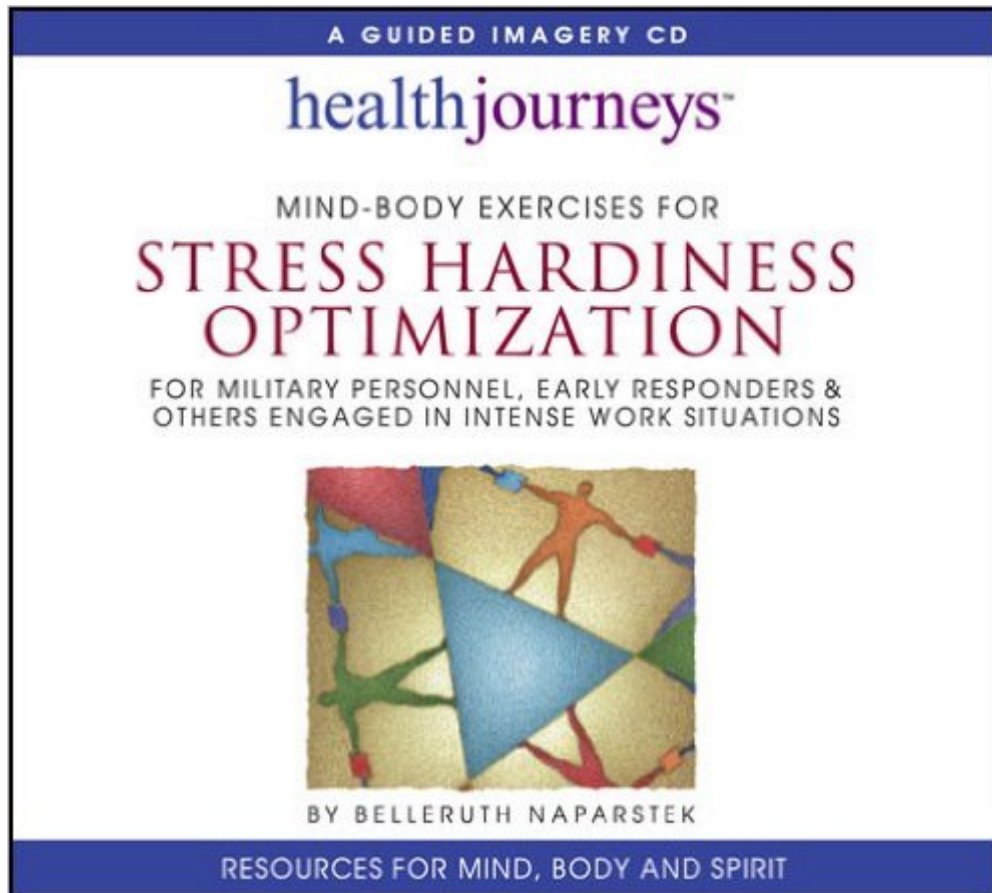


The book was found

Mind-Body Exercises For Stress Hardiness Optimization



Synopsis

For those engaged in dangerous or traumatizing work, such as soldiers or early responders, this program teaches critical self-regulation skills so people can maintain calm focus and peak performance during chaotic situations. Designed to stabilize the wide biochemical swings produced by acutely stressful events, this may provide extra inoculation against the later development of PTSD. Includes breath work, key word repetition, body scanning, guided imagery for deep relaxation and guided imagery for restful sleep. (Running Time: 73 minutes)

Book Information

Audio CD

Publisher: Health Journeys; 1 edition (September 1, 2007)

Language: English

ISBN-10: 188140594X

ISBN-13: 978-1881405948

Product Dimensions: 5.6 x 4.8 x 0.4 inches

Shipping Weight: 1.6 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #1,462,324 in Books (See Top 100 in Books) #156 in [Books > Books on CD > Health, Mind & Body > Fitness](#) #774 in [Books > Books on CD > Health, Mind & Body > General](#) #152205 in [Books > Health, Fitness & Dieting](#)

Customer Reviews

I truly found this CD extremely helpful. The self-talk it teaches you - the use of key words while in high stress situations where I'm forced to perform - is probably the best part. That, coupled with breathing creates a calm in me, which allows me to do my work. I especially like the end, where I can listen and "de-stress" after an extremely hard day or experience. From there, the sleeping part makes sure my head is quiet enough to face another day well-rested. Thanks for a great product!

The products from Health Journeys will not disappoint! The author's voice is so very soothing and the exercises are very effective. This is the 6th CD I've purchased by this author and ALL have been excellent.

I bought both this CD and the general wellness CD. Belleruth's voice is very soothing. There is a minor amount of overlap between the two CDs I bought, but not enough to make me feel like buying

both was a waste of money.

I use parts of this when I walk but for meditation use the "Relieve Stress" disc one. The different parts of this disc can be incorporated into many parts of your day when stress erupts

see my other review on the sleep one, not gonna bother with a second review. its THAT BAD. I ACTUALLY BOUGHT THIS. what a mistake.

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