

Your Present A Half-Hour of Peace A Guided Imagery Meditation for Physical Spiritual Wellness



Filesize: 9.28 MB

Reviews

Basically no phrases to clarify. It really is rally fascinating throgh reading time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Anabel Zemplak)

YOUR PRESENT A HALF-HOUR OF PEACE A GUIDED IMAGERY MEDITATION FOR PHYSICAL SPIRITUAL WELLNESS



Relax.Intuit (tm) LLC. No binding. Book Condition: New. Audio CD. Dimensions: 5.6in. x 4.9in. x 0.5in. Best Audios Award-Publishers Weekly, Highly Recommended -Library Journal, Best Original Work-Audie Awards Finalist, As Good As It Gets Issue -Town and Country, Terrific corporate gift! -Ann T. Buivid, president, Remington, Highly recommended. -Navy-Marine Corps Relief Society, The Best! -Canyon Ranch Living Essentials. With a voice described as liquid, stress-relief expert Susie Mantell has created a uniquely soothing relaxation experience for men and women in all walks of life. Like an easy chair, Mantells exquisite narration gently releases tension, easing worry from sleepless nights. Clinically approved for health-related, work-related, chronic and traumatic stress, soft music enhances the warm, elegantly packaged narration. In todays stressful world, drift into the quiet place where worries dissipate, where healing begins. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Audio CD.



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