



Guided Relaxation: Relieve Stress & Tension

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When you need a long vacation but only have a short time, slip on your headphones and let yourself relax into the regenerative Alpha State. Within minutes you'll feel muscles relax, fears vanish and stress fade. As your mind is liberated from daily pressure, you'll feel refreshed and revitalized at the deepest levels.

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Mary Sims:

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Lorretta Cox:

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