

Guided Meditation for Stress and Anxiety

Rated #1 Relaxation Audio for Stress and Anxiety

By Diane L. Tusek

"...Enjoy a sense of peace and serenity as tensions or difficulties slowly drift away...You are soothed by the gently sound of waves as they gracefully trickle against the shore. You are calm, balanced, relaxed and at peace..."

Guided Imagery audio clinically shown to reduce stress and anxiety by 65%, pain by 65%, headaches by 62%, improve sleep by 85%.

Uses: Stress Relief, Anger Management, Anxiety, ADD, Cancer, Confidence, Depression, Headaches, Heart, Grief and Loss, Obesity, Pain Management, PTSD, Recovery, Self Awareness, and more.

Guided Imagery Inc. **Running Time: 1 Hour Unabridged**

Copyright © 2006 Diane L. Tusek.
© 2006 Guided Imagery Inc.
Steven Mark Kohn, music composer.
www.guidedimageryinc.com

PLAYAWAY®

Playaway preloaded audiobooks are the best way to listen, unplugged and uninterrupted.

WWW.PLAYAWAY.COM
© 2016 Playaway. Patented. All rights reserved.
Designed in Ohio. Made in China.



PLAYAWAY®

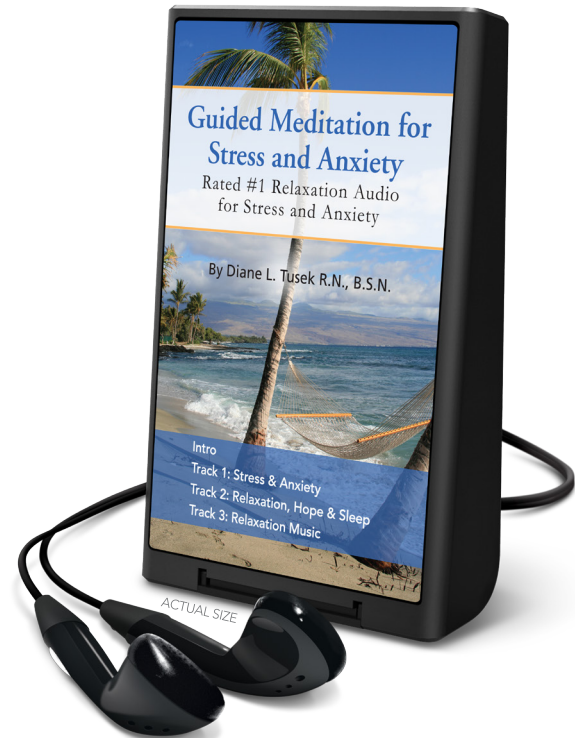
Guided Meditation for
Stress and Anxiety
By Diane L. Tusek
Rated #1 Relaxation Audio for Stress and Anxiety

Guided Imagery Inc.



LIGHT

PLAYAWAY®
THE ALL-IN-ONE AUDIOBOOK



HD LIGHT

PLAYAWAY® and associated logos are registered trademarks of Findaway World, LLC.
31999 Aurora Road, Solon, OH 44139 USA