



# Deep, Restful Sleep - Progressive Relaxation for Stress and Anxiety

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## **Deep, Restful Sleep - Progressive Relaxation for Stress and Anxiety** Mind Design Unlimited

This is a Two-CD Audio Program. This product is designed to get you to sleep and keep you asleep. Sleep is a vital part of your overall physical, mental and emotional health. Many people suffer from sleep problems and often find little help in medications. Stress, poor health and other sleep disturbances can keep you from getting the quality of sleep and rest your body and mind needs to function normally. Depriving yourself of this fundamental need often results in poor health, depression, lack of focus and confused thoughts. This program is an All Natural way to improve your quality of sleep. Within the first few uses of this program, you will notice your sleep improving as well as being able to awake refreshed and vibrant. The Introduction CD Program is full of excellent information on The History of Sleep as well as covering the reasons why we need healthy sleep in our daily life. This educational / informational CD will help you understand the value of sleep as well as giving vital suggestions on ways to improve your quality of sleep. CD Two provides the Progressive Relaxation / Guided Imagery that is easy to follow. Simply allow the facilitator to guide you through Progressive Relaxation to enjoy a more complete relaxation for your night's rest. The psychoacoustic track following the guided imagery is an excellent track to sleep to as well. It conditions the Mind / Body for a Deep and Restful Sleep night after night. Once and for all you will have a complete sound sleep that your body and mind truly needs. Give yourself the gift of sleep. Allow this program to work for you now!!

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