



The Complete Relaxation Book: A Manual of Eastern and Western Techniques (Paperback)

By James Hewitt

Ebury Publishing, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book. Stress is a major cause of disease today. This book is a comprehensive guide to the art of relaxation for happiness, health and well-being. Based on over thirty years of study and experience, it offers a unique synthesis of Western therapies and Eastern mysticism. James Hewitt explains how to use practical relaxation techniques such as self-hypnosis and breathing exercises safely and sensibly. He shows how, if used every day, these techniques can help relax tense minds as well as tense muscles, and even open up the possibility of peak experiences . He then focuses on particular Yoga, Zen and other Buddhist methods, offering a range of techniques that will enable readers to relax in the ways that are most suited to their individual temperaments and situations.



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Reviews

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ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Rachel Macy Stafford s post The Day I Stopped Saying Hurry Up was a true phenomenon on The Huffington Post, igniting countless conversations online...



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