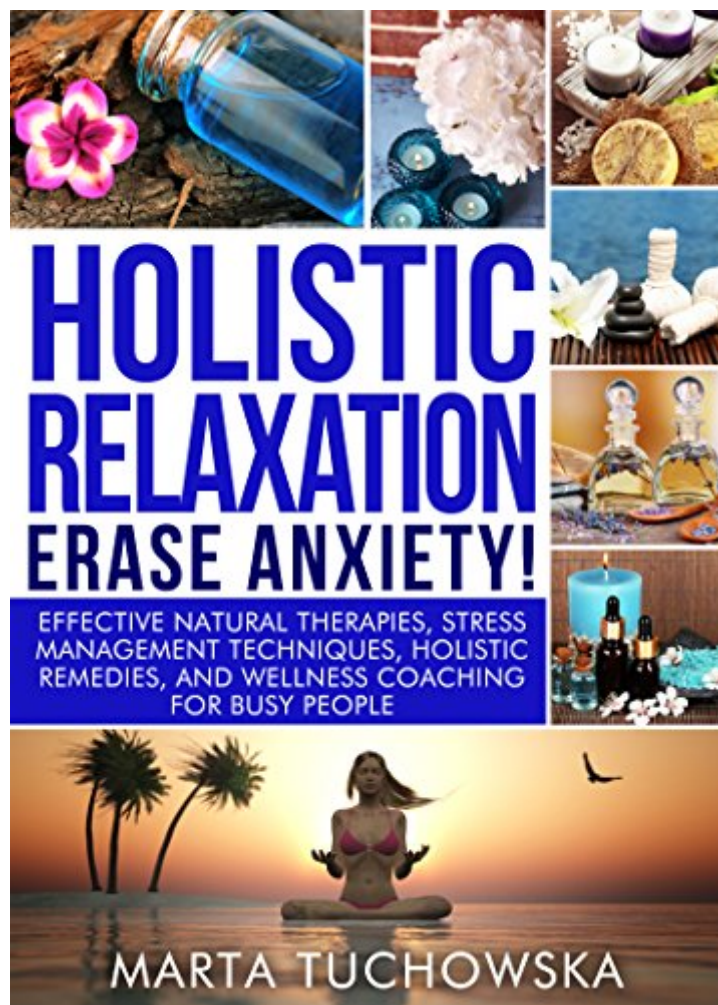


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# Holistic Relaxation: Erase Anxiety!: Effective Natural Therapies, Stress Management Techniques, Holistic Remedies And Wellness Coaching For Busy People (Anxiety, Mindfulness, Yoga, Relaxation Book 1)





## Synopsis

Fight Stress with Natural Therapies and Create a Peaceful Lifestyle Are you looking for more balance and zest for life? Do you feel like you get anxious and nervous, for no particular reason? Do you think that you could accomplish more if you were more relaxed? Would you like to feel more centered, focused, and mindful? Are you interested in natural wellness treatments for health and relaxation? Would you rather avoid standard, chemical, and anti-anxiety pills? Your search stops here! "Holistic Relaxation" • offers a unique and non-complicated Natural Therapy Coaching that can help you fight those anxious feelings and daily stress in a holistic and effective way! The solution is to think of our problems in a holistic way and try to get to the root of any imbalances in our bodies and minds. Feeling like anxiety is taking over? Feeling overwhelmed for no reason? Would you like to feel light, happy, and stress-free? I have written this book to show you how you can utilize very simple techniques that are natural, free and effective: These include: Simple Meditation and Mindfulness • Breathing, Body-Mind Detox • Relaxation Techniques • HOLISTIC RELAXATION • will also teach you all about Natural and Holistic Therapies that get to the root of the problem instead of just masking the anxiety symptoms You are just about to discover the healing powers of: • Homeopathy • Bach Flower Remedies • Phytotherapy • Balanced Nutrition • Aromatherapy Wait...there is more healing waiting for you...! Natural Therapies are not only about herbs; there is also focus on body work and massage. Throughout my book, you will get enough motivation and encouragement to also try: • Massage Therapy that is centered on helping anxiety, stress, and depression • Body Work like yoga and tai-chi. They are all about taking consciousness of the PRESENT MOMENT and soothing your body and mind "HOLISTIC RELAXATION"- TABLE OF CONTENTS: Chapter1: Stress- a Blessing in Disguise? Chapter2: Body and Mind Techniques for Holistic Relaxation Chapter3: Phytotherapy for Stress Management Chapter4: Homeopathy and Bach Flower Remedies Chapter5: Yoga and Tai-Chi Chapter6: Nutrition Chapter7: Mind over Matter Chapter8: Aromatherapy and Massage Bonus Chapter: Learn Holistic Facial Massage with Marta Bonus Content -> 5 Senses Meditation (Guided Audio) + Mindfulness for Busy People Would you like to learn more? Take POSITIVE ACTION TODAY! Bring back balance, peace, and happiness to your life! We only live once! Let's enjoy it and keep stress and anxiety at a bay! tags on product: relaxation, stress-free, anxiety, stress, depression, anxiety cure, natural remedies, holistic, wellness, coaching, herbal remedies, yoga, homeopathy

## Book Information

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## Customer Reviews

The author shares her story of transformation and how she found life to be much more fulfilling once she began to utilize the anti-stress solutions she shares in this book. While it is not a long book, she manages to cut through all of the extensive fluff and get right to what will get you the results you are seeking today. The book begins with an overview of the following - she touches on each subject just enough that you understand what these terms mean. Aromatherapy Ayurveda Bach Flower Remedies Coaching / NLP Connecting / Conversation Energy Work Herbal Remedies Holistic Nutrition Homeopathic Medicine Massage or Manual Therapy Physical Fitness / Exercise (Yoga, Tai Chi) Traditional Chinese Medicine I think for someone not familiar with the above, that she provides enough that anyone will understand how each work and the benefits you can come to expect. After the introduction, she delves into each chapter with full explanations of each technique/remedy and its benefit with photographs to accompany some of the descriptions. When you have an understanding of your own body and stress level or type, I feel you will intuitively know what will work best for you. Each chapter is designed to give you instruction and a guide to follow on your own healing path. While she states she is not a doctor, the recommendations and suggestions she

makes in this book can help anyone who uses them lower their stress and regain a sense of wellness in their lives. I used to read long 800+ page books to get some of the same information and I am so happy the author presents it so clearly and yet thoroughly that you can literally get started on your road to stress-free wellness the very same day!

I originally gave the author a 3 star review on an earlier version of the book with some suggestions to improve the book. I am not a hater but simply wanted to help put out a better product. The author took my critique to heart instead of being defensive and made a huge improvement in her book. This book is now a solid 5 stars. The author added appropriate warnings throughout the book. She stuck to just what she experienced. She acknowledged that these therapies have not been through the Scientific Method but that does not mean that the therapies are worthless. She warns against charlatans who are self-appointed experts and only care about money. She does a good scholarly job of giving the reader a good solid overview of natural remedies. More importantly she acknowledges traditional medicine and gives holistic therapies as an adjunct to modern medicine. She also now gives pics to illustrate which are very helpful and make for a more solid book. I recommend this new and improved book wholeheartedly and say Kudos ma'am for taking constructive criticism in the way that I meant it. You have made a better product that you surely should be proud of. The reviewer is the author of the new Kindle book entitled: SEX EDUCATION FOR ADULTS SECRETS TO AMAZING SEX AND HAPPILY EVER AFTER TOO

It is refreshing to read a book that supports the tremendous healing and ongoing health maintenance/benefits of homeopathic treatments. Look My wife is an MS sufferer and although she is being treated with a drug called Tysabri, she has also consulted a homeopathic professional that has outlined a treatment plan that is safe and complements and enhances the benefits she is deriving from her medication. The Author in my opinion is spot on with her analysis of natural remedies and how one can easily begin to alleviate just about any condition, even anxiety with a safe and natural plan of attack. For me, all of my vitamins are natural and I must add that Bee Pollen and Royal Jelly also alleviate nervousness and anxiety. It also improves mood and keeps you healthy even when others are ill with colds, flu, etc. Glad I got this book and I recommend it to anyone. Read it, you will not be sorry.

This (so far), is the most comprehensive book about RELAXATION that I have ever read. This book is truly a Holistic Book. It has wonderful relaxation methods. My favorite one is the Progressive

Relaxation. There is a picture of the "Corpse Pose". I tried this on the floor on Yoga Mat and then I tried it in bed before I drifted off to a very peaceful sleep, this worked for me. Also, I like the section on Autogenic Training.\* My favorite section, most favorite was the HERBAL SECTION. There is listed several easy to find sleep aid herbs and stress relief herbs and how they work. I especially loved the Tea section as I love tea, especially herb teas. There was even information about Bach Flowers and it was quite detailed. The Yoga poses and pictures in this book were quite helpful for me. This was quite a detailed section. Overall, this book as a whole is superbly written. Highly recommended. 5 stars!

As someone who loves learning about new ways to manage stress, I really enjoyed this book. The author touches on "non-traditional" ways to manage stress, such as aromatherapy and eastern medicine. If you want to learn about new stress-management techniques, this book is for you!

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