

Stop Smoking at Quit With Ease

Quit With Ease

Relax and Let Go DVD

£29.95

True relaxation is not to be confused with drowsiness or sleepiness. Nor is it an uncaring or indifferent attitude. It is a state, both physical and mental, where the human system is in a state of balance - a state of maximum clarity and efficiency.

The world's greatest business men, sportsmen, fighters and lovers have all realized the benefits of the relaxed state.

Relaxation is essential to good health. It can make all the difference in creating a happy, successful life. Thinking is clearer. Reactions to stimuli are more controlled and appropriate. Anxiety is reduced and irritability and depression decreased. Tolerance and stamina are increased.

Relaxation and balancing are accomplished by gaining access to a deeper level of mind and informing it directly.

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