

Stop Smoking at Quit With Ease

Quit With Ease

Stress Control DVD

£29.95

Much ill-health, both mental and physical, is caused or aggravated by stress. The human bio-system can contain a certain amount of stress, but when its level of tolerance is overstretched, the system breaks down - usually with no warning that damage is imminent.

Stress is a major contributor to heart disease, drug and alcohol abuse, general health problems, and marital, family and work disputes.

Successful stress control can mean the difference between a constantly debilitating response and one which is easy and appropriate.

While observing fascinating sculptures of gently moving light patterns, encoded messages within the patterns are instructing the subconscious directly, and transforming vulnerable attitudes into stress-proof ones.

[Vendor Information](#)

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