

## Stress Reduction and Creative Meditations



These easy-to-follow guided meditations offer healthy, effective ways to alleviate our day-to-day and chronic anxiety. As we listen, we float away to an inner world where we rediscover peace and harmony. Marc Allens soothing voice and the shimmering musical accompaniment create a safe and wonderful retreat from the often hectic pace of everyday life. The first track focuses on physical relaxation, a vital first step to reducing stress. The second track delves deeper, addressing the topics most important to us: good health, comfort and abundance, financial success, satisfying relationships, and finding fulfillment in life. Over 100,000 people have found Marc Allens gentle approach to reducing stress helpful, and you will too.

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Visualisation: This is sometimes referred to as Creative Meditation. **The Magical Path: Creating the Life of Your Dreams and a World - Google Books Result** : Stress Reduction and Creative Meditations (Audible Audio Edition):

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