



Relaxation, Meditation & Mindfulness Self- Training Manual

Jonathan C. Smith

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This 10-week self-study program is based on Dr. Smith's innovative approach to relaxation, meditation, and mindfulness. The program first reviews the basic concepts of stress and relaxation. Instructions are then presented for six families of exercises: Yogaform Stretching, Progressive Muscle Relaxation, Breathing Exercises, Autogenic Training, Imagery, and Meditation / Mindfulness. The user then develops a personalized program of relaxation, meditation & mindfulness based on a combination of approaches that work best and fit individual selects and combines those approaches that fit individual goals and strengths. Works best with Dr. Smith's "Relaxation, Meditation & Mindfulness Cd Instructions" (either the "SARIS" program, or "The Relaxation Companion").

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