



# Relaxation: A Comprehensive Manual for Adults, Children, and Children With Special Needs

*Joseph R. Cautela, June Groden*

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This unique contribution to the field of relaxation training presents: (1) self-relaxation techniques designed for adults, (2) methods for teaching relaxation to adults and older children, and (3) procedures for teaching relaxation to young children and children with developmental disabilities. The clear, concise text is supplemented by over 100 helpful illustrations.

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