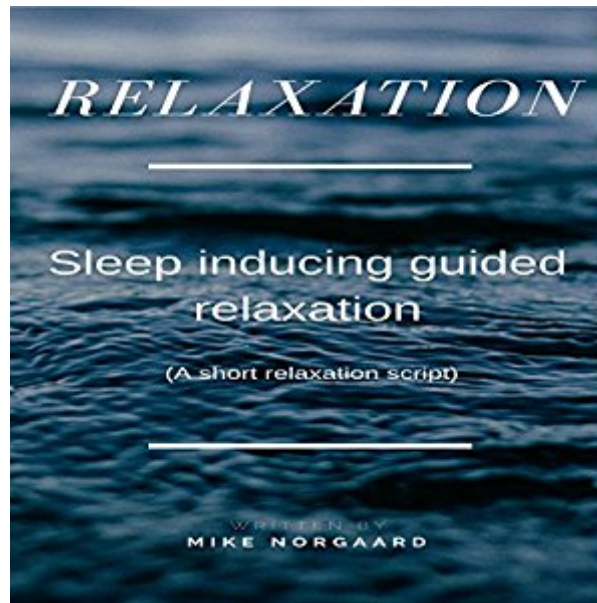




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Relaxation: Sleep Inducing Guided Relaxation



Synopsis

Millions of people experience insomnia, or difficulty sleeping, on a regular basis. This very relaxing guided narration is offered with the intent of helping listeners reach a fuller state of relaxation more quickly. The short narration script is offered with many different ambient sound beds for a variety of relaxing effects. The book combines a soothing narration with relaxation breathing and peaceful mental imagery to help facilitate relaxation and, ultimately, sleep.

Book Information

Audible Audio Edition

Listening Length: 1 hour 6 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Mike Norgaard

Audible.com Release Date: March 30, 2017

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