



# Progressive Muscle Relaxation and Confidence


*By Consulting Psychologist Michael S. Prokop*


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This CD is designed to help clients focus on their positive aspects as they learn to cope with disturbing thoughts and stress. It also offers relaxation exercises that have been successfully used to help clients learn to relax, energize themselves, and enjoy life. Includes a "Morning Mind Exercise" and "Relaxing at the Beach".

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- Sales Rank: #3674471 in Books
- Published on: 2000-01-02
- Binding: Audio CD

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About the Author

Michael S. Prokop, Consulting Sports Psychologist

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