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**Audiobook** Autogenic Training

a guided relaxation

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What is Autogenic Training |

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Explained in 2 min Autogenic  
Training with Rich Crislip  
Autogenic Training - A  
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and restful sleep Autogenic  
Training 1: total relaxation  
- Your first step into deep  
relaxation *Heavy \u0026 Calm*

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*Holistic Way To Better Health*  
- *guided autogenic training  
meditation for relaxation*

**Autogenic Training** ~~A Mini~~

~~Autogenic Training~~

~~Relaxation for Stress Relief~~

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*Relaxation from the NHS for*

*pain relief* ~~Falling Asleep:~~

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**MUSIC || Stress Relief**

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sleep and deep relaxation 1  
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for Concentration** ~~Autogenic~~

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Autogenics? GUARANTEED to  
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the Anxious Brain -  
Neuroplasticity and the

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Anxiety Cycle (Anxiety Skills  
#21) Psychological Insights:  
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Autogenic training is one of  
the most powerful techniques

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combining autogenic training

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complete holistic health  
programme. Basic Autogenic  
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effective system for

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bringing about a deeply  
relaxing state of mind and  
body.

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one of the most powerful  
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techniques for dealing with  
stress that has been  
developed in the West,  
consists of a series of  
simple mental exercises  
designed to turn off the  
stressful 'fight-flight'

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mechanism in the body and  
turn on the restorative  
rhythms associated with  
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relaxation.

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psychological concerns, from  
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hormonal imbalances, to  
improved sleep and mental  
clarity. As well as being  
deeply relaxing and  
providing relief from the  
everyday stresses, holistic

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therapeutic treatments can also  
be a treat for individuals  
who enjoy pampering  
themselves.

~~What is holistic therapy?~~  
~~Therapy Directory~~

Kermani Dr K, 'Autogenic

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Training – The Effective  
Holistic Way to Better  
Health', Kai Kermani, 2010

ISBN 978 0 285 63322 3

Lindemann Dr H, 'Relieve  
Tension the Autogenic Way',  
Peter H Wyden, New York,  
1974 Linden Dr W, PhD,

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‘Autogenic Training – A  
Clinical Guide’, Guilford  
Press, 1990

A guide to a long-  
established alternative



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therapy for stress-related  
disorders.

Autogenic Training developed  
by Dr. Schultz, J. H.A  
gentle way to relax I have

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Compiled a very brief guide  
of autogenic training for  
you, based on my experience  
as a relaxation coach in a  
rehabilitation clinic. I  
hope that with these  
instructions you will easily  
learn autogenic training. For

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a long time now, stress research has proved that thoughts and feelings, whether positive or negative, affect the specific reactions of the body. Thoughts of fear trigger anxiety and

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Health responses in the  
body. Thoughts of joy  
trigger happy feelings and  
reactions in the body.  
Thoughts of autogenic  
training trigger relaxation  
reactions. This is exactly  
what you will learn with

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this manual. Thought  
formulas with which you  
trigger relaxation reactions  
in your body. I am sure you  
will love the relaxation  
exercises described here and  
gainfully integrate them  
into your daily routine.

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Rainer Tameling  
(Dipl.-Psych.) -  
(Psychologist)

Organized by the five Core  
Values contained within the  
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Association (AHNA) and the

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(ANA) Holistic Nursing:  
Scope and Standards of  
Practice, Second Edition: \*  
Core Value 1: Holistic  
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Holistic Caring Process \*

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Communication, Therapeutic  
Environment, and Cultural  
Diversity \* Core Value 4:  
Holistic Education and  
Research \* Core Value 5:  
Holistic Nurse Self-  
Reflection and Self-Care



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Holistic Nursing: A Handbook  
for Practice, Seventh  
Edition has been awarded the  
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Association (AHNA) Seal of  
Distinction. This newly  
developed Seal of  
Distinction indicates that

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the book is aligned with  
AHNA's mission, vision, and  
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Standards of Practice,  
Second Edition; is of  
interest to holistic nurses  
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Provides knowledge that  
advances holistic nursing;  
is timely and relevant; is  
consistent with relevant  
historical publications; is  
scientifically and  
technically accurate; and is  
authored by individuals with

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Health Holistic Way To Better  
demonstrated expertise in  
the field of the work  
submitted. --Provided by  
publisher.

Relaxation fundamentally  
involves reducing  
unnecessary effort. This is

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a core working principle we can make use of in any path of development. Patrick Baigent explores how this principle works in Buddhism, meditation and training methods such as Qigong. The reduction of unnecessary

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effort is combined with  
mindfulness to become 'the  
direct path' of relaxation.  
Patrick Baigent explores  
what relaxation really means  
and offers useful  
conclusions. Discover the  
five orders of relaxation,

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the six gears of relaxation,  
why meditation is a health  
training, how meditation  
becomes a psychological  
therapy, and what tension  
and trauma may mean for  
meditation. Discover how to  
work with relaxation in your

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own path and training. The  
Relaxation Principle offers  
a Buddhism and Qigong  
informed model of relaxation  
which reveals a radical new  
understanding of the place  
of relaxation. Patrick  
Baigent has nearly twenty



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years of experience in  
Buddhism and Qigong and  
offers teaching in  
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Clearly explaining the how  
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prevention, STRESS

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MANAGEMENT FOR LIFE, 4e  
emphasizes experiential  
learning and encourages  
students to personalize text  
information through  
practical applications and a  
tool box of stress-reducing  
resources, including

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activities and online stress-relief audio files. Michael Olpin and Margie Hesson offer more than just a book about stress; they offer students a life-changing experience. Well-researched and engaging, the Fourth

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Edition empowers students to experience personal wellness by understanding and managing stress, gives stress-related topics a real-life context, and motivates students to manage stress in a way that accommodates

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theistic lifestyle, values, and  
goals. Important Notice:  
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holistic nursing practice  
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outcomes, outcome criteria,  
and evaluation guidelines

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nurses in acute care, home  
care, and hospice, and those  
who are clinical  
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Discover the principles of



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relaxation, which  
fundamentally involves  
reducing unnecessary effort.  
Learn how this core  
principle of buddhism,  
meditation and qigong can be  
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of life. The reduction of

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unnecessary effort combined  
with core mindfulness  
becomes the direct path of  
relaxation - a path to  
greater levels of  
mindfulness, relaxation and  
satisfaction, and the path  
to true liberation. Discover

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the Five Orders of  
Relaxation, the Six Gears of  
Relaxation, why meditation  
is a health training, how  
meditation becomes a  
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what tension and trauma may  
mean for meditation. The

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Path of Relaxation offers a buddhism and qigong informed model of relaxation, which reveals a radical new understanding of the place of relaxation. Patrick Baigent has nearly twenty years of experience in

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buddhism and qigong and  
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Autogenics is the new way to  
personal enlightenment and  
psychosomatic health. Based

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in medical research  
initiated by JH Schultz in  
Germany and continued by W.  
Luthe in Canada and by Luis  
de Rivera, autogenics trains  
the basic brain functions  
needed for personal  
development and

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psychosomatic health. This book is useful for new learners of meditation and for seasoned practitioners. Many students of mindfulness have benefited from autogenics to improve their regular technique. The

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autogenic methods of Sensory  
Meditation and Feeling  
Meditation easily enables  
the practitioners of Samatha  
and Vipassana meditations to  
learn and train the two  
basic mental processes of  
Passive Concentration and



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This is a practical  
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the most recent medical and  
neurobiological research.

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edition—with more than one million copies sold worldwide—The Relaxation and Stress Reduction Workbook remains the go-to resource for stress reduction strategies that can be incorporated into even the

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busiest lives. The  
Relaxation and Stress

Reduction Workbook broke new  
ground when it was first  
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easy, step-by-step  
techniques for calming the  
body and mind in an

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holistic way to better health  
increasingly overstimulated world. Now in its seventh edition, this fully revised and updated workbook—highly regarded by therapists and their clients—offers the latest stress reduction techniques to combat the

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effects of stress and  
integrate healthy relaxation  
habits into every aspect of  
daily life. This new edition  
also includes powerful self-  
compassion practices, fully  
updated chapters on the most  
effective tools for coping

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with anxiety, fear, and  
panic—such as worry delay  
and defusion, two techniques  
grounded in acceptance and  
commitment therapy (ACT)—as  
well as a new section  
focused on body scan. In the  
workbook, you'll explore

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your own stress triggers and symptoms, and learn how to create a personal action plan for stress reduction. Each chapter features a different method for relaxation, explains why the method works, and provides

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on-the-spot exercises you  
can do when you feel  
stressed out. The result is  
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and cultivate a more  
peaceful life.



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