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# Progressive Relaxation (Relaxation & Stress Reduction)

*Patrick Fanning, Matthew McKay PhD*

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Based on the exercises and techniques in **The Relaxation and Stress Reduction Workbook**, the go-to guide for stress reduction and total relaxation, the **Progressive Relaxation and Breathing** audio program presents a complete introduction to the Jacobsen technique for progressive deep muscle relaxation. It offers simple breathing exercises to help you turn stressful feelings into a vanishing memory. You will also discover Yoga breathing techniques to help you relax or build extraordinary energy when you need it most.

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