



Rilassamento - Il Rilassamento Completo [Relaxation - The Complete Relaxation]: Esercizio guidato [Guided Technique]

Steven Bailey

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Il fine di questo esercizio è ottenere il completo rilassamento del corpo e della mente, procurando così numerosi benefici a tutto il tuo sistema psico-fisico e conscio-subconscio. Il rilassamento completo, che devi eseguire da sdraiato, consente di sperimentare uno stato di calma profonda e di ottenere un profondo e intenso riequilibrio. L'esercizio dura circa 20 minuti. Eseguilo ogni giorno per almeno quindici giorni, in modo da sviluppare una piena padronanza della tecnica. Dopodiché è utile ripeterlo almeno una o due volte ogni settimana, per garantirti un costante riequilibrio a livello profondo. Il momento ideale per eseguire questo esercizio è la sera, prima di coricarti, oppure a metà giornata, dopo che hai già svolto parte della tua attività quotidiana. Strumenti per la tua crescita personale e il tuo miglioramento quotidiano. Strumenti per esprimere al massimo il tuo potenziale e migliorare la qualità della tua vita. Strumenti semplici, pratici, diretti, a un prezzo straordinariamente conveniente. È questo lo spirito con cui abbiamo progettato la serie sul rilassamento.

[The purpose of this exercise is to get complete relaxation of body and mind, providing many benefits to your whole system - your psycho/physical-consciousness and subconscious. Complete relaxation allows you to experience a state of deep calm and achieve a deep and intense re-balancing. The exercise takes about 20 minutes. Use it every day for at least 15 days, in order to develop a full mastery of the technique. After that, it is useful to repeat it at least once or twice every week, to ensure a constant balancing on a deep level. The ideal time to perform this exercise is in the evening, before bed, or at mid-day, after you've already done some of your daily activities. Here are tools for your personal growth and your daily improvement.]

Please note: This audiobook is in Italian.

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