



# Peggy Huddleston's Relaxation/Healing CD plus Instructional CD

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## **Peggy Huddleston's Relaxation/Healing CD plus Instructional CD** Peggy Huddleston

Peggy Huddleston's Relaxation/Healing CD gently guides listeners into a deep state of relaxation using guided imagery to reduce anxiety and connect with an inner peace. The CD can be used with Prepare for Surgery, Heal Faster, the best-selling book by Peggy Huddleston. Or the CD can be used for general relaxation, as it never mentions surgery. Use it to lessen stress, stop tension headaches and migraines, fall asleep faster, lower blood pressure, reduce chronic pain and lessen the side-effects of chemotherapy.

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