



Effective Life Skills -- Creating a Safe Place for Sleep, CD (For Deep Relaxation, Restoration & Reducing Stress to Enhance Sleep) (Complete Mind and Body Relaxation, Calms Body & Mind to Cope with Stress, Depression, Worry, and Anxiety; Sleep Problems: Tools for Improving Sleep, Spoken Word, Narrative Throughout, Accompanying Music Compositions and/or Nature Sounds, Guided Imagery)

Catherine L. Bourne MSW LMFT

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If you find it difficult to truly relax, to find relief from stress, to put aside troubling thoughts or feelings, to recharge mind and body, then this soothing, stress-reducing recording provides you with the means to create your own unique, personal & completely individualized safe haven - where you can fully relax, let go of worries & stresses, reclaim peace of mind, & allow your mind and body to rest, recharge, and naturally move into a deep, restorative sleep. The recording guides you to establish an easily accessible place to "go to" in your own mind, where you can completely relax, physically and mentally, and feel free from demands -- "untouchable" by stress or problems -- so that you are truly relaxed and ready for sleep. Simply through listening to the recording, you will be aided in mobilizing you own inner resources and strengths through the techniques of soothing guided imagery and visualization, deep and calming breathing, entire body relaxation, and gently self-hypnosis with positive affirmations that enhance your confidence and sense of well-being. You will find this recording is both nurturing and empowering, providing you with the skills/tools to quickly access your safe place and to deepen the positive benefits of having a private, restorative retreat from stress. With a minimal amount of repetition, you will easily create your own peace of mind and state of physical relaxation that allows you to readily fall asleep, stay in a restful sleep, and return to sleep anytime your sleep has been disrupted. Not only is the experience profoundly relaxing, it is also delightful to give your imagination free reign in tailoring the safe haven to your personal preferences, to feel carefree, and to reclaim the sense of peacefulness and well-being. Creating A Safe Place For Sleep provides an oasis amidst the stress of daily living, facilitating peace of mind so that you can sleep more restfully than perhaps you thought possible.

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