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Titolo	Relaxation, meditation, and mindfulness [[electronic resource]] : a practical guide // Jonathan C. Smith
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. 357-360) and index.
Nota di contenuto	Contents; List of Tables and Figures; PART I: Basic Concepts; PART II: The Relaxation Instruction Manual; PART III: Training Issues; PART IV: Combination Training Formats; PART V: Special Applications; Appendix; References; Index
Sommario/riassunto	Based on a newly revised theory of relaxation, ABC2 Relaxation Theory, devised by the author, this book explains why hundreds of techniques used by professionals typically sort into six groups. The integration of these groups forms the core of the book. Smith's findings also reveal that not only can relaxation go beyond stress management, but that different families of relaxation have different effects. Rich with practical suggestions and concrete illustrations of application, this comprehensive training guide details the following techniques: Yoga Stretching; Progressive Muscle Relaxation; Br