

Sleepmusic Spa 11

Marie-Claire Bourgeois

The Rock Balancer's Guide Travis Ruskus, 2019-07-09

The first mainstream book about meditative practice rock balancing—with practical guidance on letting go of limiting beliefs and finding happiness in the present moment Rock balancing is the practice of piling up stones in natural settings, creating everything from simple towers to amazingly elaborate and apparently gravity-defying edifices. People balance rocks for fun, to challenge themselves, and to connect to nature and focus on the present moment. This is the first mainstream book about the meditative art of rock balancing, combining technical advice with spectacular color photographs of the author's own balances, as well as guidance on approaching rock balancing as a mindfulness meditation practice. As the book guides you through the practical techniques of rock balancing, it also explains how to breathe properly, how to approach the rocks with self-belief, and how to face fear and go beyond what you had previously thought to be your limits. Finally, it discusses how to let go and destroy the balances you have created, leaving nature in a pristine state. The book includes inspirational quotes, tips and step-by-step instructions for beginner and more advanced rock balancers, meditative exercises to do while balancing, and fun challenges. A rock balance is a metaphor for whatever you are trying to achieve in life—and this practice allows you to train yourself to do more than you ever thought possible.

The Very Hungry Caterpillar Eric Carle, 2016-11-22

The all-time classic picture book, from generation to generation, sold somewhere in the world every 30 seconds! Have you shared it with a child or grandchild in your life? For the first time, Eric Carle's *The Very Hungry Caterpillar* is now available in e-book format, perfect for storytime

anywhere. As an added bonus, it includes read-aloud audio of Eric Carle reading his classic story. This fine audio production pairs perfectly with the classic story, and it makes for a fantastic new way to encounter this famous, famished caterpillar.

Daily Rituals for Happiness Lauren Ostrowski Fenton,2016-06-02 Daily Rituals for Happiness is a user-friendly guidebook that teaches techniques for experiencing happiness every single day. Focusing on ritual the book details the significance of simple practices and explores how they help instill a sense of self through reinforcing values, affirming connections to the community, and supporting wellbeing.

Weep No More My Lady Mary Higgins Clark,2000-05-25 New York Times bestselling author Mary Higgins Clark's suspenseful masterpiece is a "crackling tale of menace and love that holds your attention to the last page" (Andrew M. Greeley). Elizabeth Lange has arrived at Cypress Point Spa in Pebble Beach, California, weary of heart and soul. Still grieving for her beloved sister, a famous actress who plunged to her death from her Manhattan penthouse, Elizabeth is determined to unearth the truth about how Leila died. Dashing multimillionaire Ted Winters stands accused of her murder, but Elizabeth has doubts. Along the windswept cliffs of the Monterey coast, in luxurious bungalows, between gourmet meals and beachfront walks, uneasiness stalks Elizabeth while she begins opening doors to the past. As glimpses of the dark truth about Leila's life and death—and about Elizabeth herself—start to crash against her mind, an ominous wave from an unexpected source threatens to engulf her entirely.

Unwind Your Mind Emma WhispersRed,2019-11-12 Ease Anxiety, Improve Sleep, and Find Calm Through ASMR Join the millions experiencing the soothing power of ASMR

(Autonomous Sensory Meridian Response), a radical new wellness trend for relaxation and stress-relief with proven benefits similar to meditation. In *Unwind Your Mind*, beloved ASMRtist Emma WhispersRed explores how this powerful practice can help us find calm and be present anytime and anywhere. *Unwind Your Mind* blends exercises to help you experience calm through ASMR every day. In her trademark therapeutic, soothing style, Emma WhispersRed helps us incorporate ASMR into our daily lives, revolutionizing our approach to self-care, mindfulness, and healing. Complete with a foreword from the psychologist who led one of the largest studies on ASMR, this essential guide to ASMR offers both the latest research on this growing phenomenon and the practical tools for fighting anxiety and finding calm in our lives. *Unwind Your Mind* is supplemented by three companion audio originals—the first of their kind widely available—ASMR for Your Commute, ASMR for Your Lunch Break, and ASMR for Bedtime.

The Open-Focus Brain Les Fehmi, Jim

Robbins, 2008-12-16 This breakthrough book presents a disarmingly simple idea: The way we pay attention in daily life can play a critical role in our health and well-being. According to Dr. Les Fehmi, a clinical psychologist and researcher, many of us have become stuck in narrow-focus attention: a tense, constricted, survival mode of attention that holds us in a state of chronic stress—and which lies at the root of common ailments including anxiety, depression, ADD, stress-related migraines, and more. To improve these conditions, Dr. Fehmi explains that we must learn to return to a relaxed, diffuse, and creative form of attention, which he calls Open Focus. This highly readable and empowering book offers straightforward explanations and simple exercises on how to shift into a more calm, open style of attention that reduces stress, improves health, and

enhances performance. The Open-Focus Brain features eight essential attention exercises for improving health. Dr. Fehmi writes, Everyone has the ability to heal their nervous systems, to dissolve their pain, to slow down and yet accomplish more, to experience the deeper side of life—in short, to change their lives for the better dramatically. At last readers can learn the techniques that Dr. Fehmi has offered to thousands of clients—the same drug-free, safe, and effective techniques that have led to remarkable and long-lasting results. The Open-Focus Brain offers readers a revolutionary, drug-free way to:

- alleviate depression, anxiety, and ADD
- reduce stress-related chronic pain
- optimize mental and physical performance

The eBook includes a downloadable audio program that provides further guidance on:

- essential attention exercises from the book, led by Dr. Fehmi
- how to train the brain to reduce stress, anxiety, chronic pain, and more
- safe and effective techniques used in Dr. Fehmi's clinic for decades

Peace with the Psalms Abide Christian

Meditation, 2021-11-02 For those seeking contentment and comfort in even the most trying circumstances of life, Peace with the Psalms offers guided readings rooted in Christian meditation. We live in a busy world; from work and family obligations to friendships and faith, daily life can sometimes make us dizzy with stress or overcome with worry. And though many of us try to slow down, it can be difficult to calm our minds and tune our hearts into the messages that matter most. But the good news is that peace and comfort are attainable, even when your heart is at its most restless. In Peace with the Psalms, authors from Abide Christian Meditation--the world's most popular Christian meditation app--lead you through the best of the Psalms so you can find peace and renewal in God's promises. In each of 40 carefully crafted biblical meditations that include Scripture,

a guided reflection, and a prayer, you will learn to: Shift your focus from today's circumstances to the promises of God Experience the principle of patience, reassuring believers in the darkest times Find rest by memorizing and repeating key verses and passages Overcome the common resistance to joy that comes from overactivity Engage your senses in imagining the word pictures of the Psalms No matter what you're going through, Peace with the Psalms offers comfort from God's Word. By reflecting on the biblical messages in these pages, you'll remember each day that God is near.

Stress Free Kids Lori Lite, 2014-01-18 Stress management solutions for you and your children! Kids today are more stressed, overwhelmed, and struggling with anxiety than ever before. Children are not born with the coping strategies needed to navigate today's increasing demands of technology, bullying, academics, and family dynamics. You yourself might wonder how your own stressed-out lifestyle is affecting your children. Based on Lori Lite's award-winning series, *Stress Free Kids* provides relaxation techniques you can use to free your child from stress. Lite shows you how to apply breathing, visualizations, affirmations, and muscle relaxation exercises effortlessly throughout the day. These parenting solutions to everyday stressors will reduce worries and anxiety while increasing self-esteem. You and your children will gain freedom as you live a more joy-filled life with less stress. With this complete resource as your guide, your family will create your own collection of stress-free moments that add up to peace and confidence--for you and your children.

Feel Alive Ralph Smart, 2013-11 *Feel Alive* by Ralph Smart explores the infinite potential in human beings, and discovers how we can awaken our infinite power. We talk on relationships, mind control, organic food and becoming the

greatest version of yourself. To feel alive is to be free, being free is our birthright.

The Restless Compendium Felicity Callard, Kimberley Staines, James Wilkes, 2016-09-27 This book is open access under a CC BY license. This interdisciplinary book contains 22 essays and interventions on rest and restlessness, silence and noise, relaxation and work. It draws together approaches from artists, literary scholars, psychologists, activists, historians, geographers and sociologists who challenge assumptions about how rest operates across mind, bodies, and practices. Rest's presence or absence affects everyone. Nevertheless, defining rest is problematic: both its meaning and what it feels like are affected by many socio-political, economic and cultural factors. The authors open up unexplored corners and experimental pathways into this complex topic, with contributions ranging from investigations of daydreaming and mindwandering, through histories of therapeutic relaxation and laziness, and creative-critical pieces on lullabies and the Sabbath, to experimental methods to measure aircraft noise and track somatic vigilance in urban space. The essays are grouped by scale of enquiry, into mind, body and practice, allowing readers to draw new connections across apparently distinct phenomena. The book will be of interest to students and scholars across a range of disciplines in the social sciences, life sciences, arts and humanities.

Olives to Lychees Marie-Claire Bourgeois, 2016-03-08 Imagine being in a peaceful environment that invites you to focus on your authentic self, your needs and your wishes away from stressful distractions and concerns Imagine a place where you can retreat and take time out to enjoy a calming mini-vacation where body and mind gradually shift from feeling heavy and cluttered to light and clear Imagine this blissful time out allowing you to nurture, nourish and

replenish the whole YOU -- mind, body, spirit -- so you can re-enter your world of regular activities with renewed energy... Wouldnt that feel like heaven? This volume of the Olives to Lychees Collection focuses on the Art of Feeling Well to help you manage lifes stressful challenges. It invites you to take time to relax, de-stress and pamper yourself regularly so you feel rejuvenated, happier, more vibrant. You will learn: WHY creating a home spa experience is important for relaxation, stress management and health building; HOW to nourish and rejuvenate mind, body and spirit by balancing your elements; HOW to develop your Spa Care Ritual with the 5 Rs: Rest, Relax, Recharge, Rejuvenate, and Re-create to get things moving when you feel S.T.U.C.K., using relaxing and health-building therapies, as well as recipes to craft your own Mediter-asian botanical care products; HOW easy it is to create your own Spa Cuisine to remain hydrated and well-nourished, and how it can support your healthy lifestyle and the Art of Feeling Well during your pampering ritual and every day after.

Bedtime Stories for Grown-Ups Dan

Jones,2018-08-07 Bedtime Stories for Grown-ups is a collection of 20 bedtime stories for adults from the 'Dan Jones Hypnosis' YouTube channel. The bedtime stories have been created in a way that encourages sleep and promotes wellbeing, helping with stress, anxiety and worry, three of the main areas behind many sleep problems, so, these bedtime stories are ideal for stressed out adults or those who find they worry or overthink when they should be falling asleep. These sleep stories for adults can be read by the person who wants to fall asleep, or read to someone to help them fall asleep, or audio recorded for personal use to help you fall asleep. Each bedtime story is a transcript of a 20-35 minute long hypnotic healing bedtime story. For most of human history storytelling helped people to share

knowledge and wisdom while inspiring change and creativity. Storytelling is one of the oldest forms of verbal hypnosis. Stories stimulate and access the dreaming brain allowing people to update their neurology with new learning to change thinking, behaviours and responses to life events. Somewhere along the way storytelling became associated with children, it was seen as odd if you were an adult who said you liked listening to stories. This has now started to change, adults listening to stories and reading bedtime stories is on the rise. Dan Jones has over 20 years experience using storytelling as a form of therapy and to help people sleep, he also has a successful YouTube channel 'Dan Jones Hypnosis' with over 100 hypnotic healing bedtime stories for adults and over 20 sleep stories for children.

Stress Management For Busy Women Amanda Mathers, 2012-01-18 If you are a busy woman and need some quick and easy ways to help you get rid of your stress quickly, then you need to read this. Packed full of advice on stress relief, this book is made for busy women who want to have it all, but without the stress. *Stress Management for Busy Women* teaches you everything you need to know to get rid of your stress, anxiety and tension, so you can start living a calm, serene and happy life.

Nothing Much Happens Kathryn Nicolai, 2020-10-06 Soothing stories to help you fall and stay asleep, based on the popular podcast *Busy minds need a place to rest*. Whether you find yourself struggling to sleep, awake in the middle of the night, or even just anxious as you move through the day, in *Nothing Much Happens*, Kathryn Nicolai offers a healthy way to ease the mind before bed: through the timeless appeal of classic bedtime stories. Already beloved by millions of podcast listeners, the stories in *Nothing Much Happens* explore and expose small sweet

moments of joy and relaxation: Sneaking lilacs from an abandoned farm in the spring. Watching fireflies from the deck in the summer. Visiting the local cider mill in the autumn. Watching the tree lighting in the park with friends in the winter. You'll also find sixteen new stories never before featured on the podcast, along with whimsical illustrations, recipes, and meditations. Using her decades of experience as a meditation and yoga teacher, Kathryn Nicolai creates a world for you to slip into, one rich in sensory experience that quietly teaches mindfulness and self-compassion, soothes frayed nerves, and builds solid habits for nurturing sleep. A PENGUIN LIFE TITLE

Dubai ,2006-06 Comprehensive, fun and easy to use, this book covers everything worth knowing about Dubai and where to do it. Meticulously updated by a resident team of writers, photographers and lovers of life, the result is the most in-depth, practical and accurate coverage and recommendations around. Ideal for residents, short-term visitors and tourists; essential for anyone in this vibrant and surprising city. It contains New Resident tips and advice; Independent reviews of over 500 restaurants, bars and cafes; Leisure and sporting activities from Abseiling to Entertainment to Zoology; Exploring - from museums and heritage to the latest shopping malls; Everything fully referenced to 30 pages of photographic maps; Plus a pull-out city map. This is the insiders' guide to what's hot and what's not in Dubai and the Emirates!

Wireless Mobile Communication and Healthcare Gregory M.P. O'Hare,Michael J. O'Grady,John O'Donoghue,Patrick Henn,2020-05-27 This book constitutes the refereed post-conference proceedings of the 8th International Conference on Mobile Communication and Healthcare, MobiHealth 2019, held in Dublin, Ireland, in November 2019. The 26 revised full papers were reviewed and selected from 45

submissions and are organized in topical sections on mobility and real-time assessment, remote patient monitoring, patient monitoring and assessment of ICT solutions, patient monitoring and robotics, wearable technologies and smart measurement, data management within mHealth environments.

Calm Sleep: Guided Meditation Using Relaxing Music for Deep Restorative Healing Sleep Andrew Brel, 2021-08-03

Calm Sleep Guided Meditation starts with a mind and body exercise to promote relaxation and focus. This ten-minute relaxation exercise helps clear the mind and relax the body, preparing you for deep restorative sleep. The guided meditation is used as a prelude to the hour long CALM Meditation music, by Andrew Brel. The CALM recording uses binaural beats; where slightly different frequencies appear on the left and right side of the stereo spectrum, mostly as keyboard string pads. This binaural effect is most effective on headphones that enable each ear to hear the part independently. The binaural 'brain trick' works best at frequencies below 1000Hz, where the difference between tones on left and right is below 30Hz. When you hear these two tones that are slightly different in frequency, one in each ear, your brain processes a beat at the difference of the frequencies. For example 133Hz on the right and 123Hz on the left will be heard as the difference, 10Hz. Instead of hearing just the two different tones, you also hear a tone at 10Hz and that has a wellness effect on the brain that is often most relaxing and beneficial in achieving good deep sleep. Binaural beats can help create the frequency needed for your brain to create the same Delta waves present in stage three deep sleep. Often this effect is said to assist with:

- deep relaxation;
- reducing anxiety;
- lowering stress;
- increasing focus and concentration;
- increased positive outlook;
- creative effort;
- better attention span;
- improved

wellness and even pain management. The CALM album lasts just over an hour. Long enough to help relax and calm your mind in a positive way that assists with deep restorative sleep. Best used with headphones.

Medicines For Women Mira Harrison-

Woolrych, 2015-01-28 In this definitive new text, the major medicines, devices and vaccines used by women worldwide are brought together for the first time in a single volume. Written and edited by international experts with an evidence-based approach, the book offers a comprehensive summary of all the key areas of women's medicines. In the first part, issues relating to female drug exposure and considerations for prescribing for subgroups of women - for example during pregnancy and lactation - are presented in the context of contemporary clinical practice. In the second part, specific groups of pharmaceutical products are reviewed, including oral contraceptives, emergency contraception, treatment of chronic pelvic pain, hormone replacement therapy, bisphosphonates, herbal medicines for women, contraceptive devices and human papilloma virus (HPV) vaccines. Every chapter reviews and summarises the efficacy and safety of each group of products and concludes with a useful set of clinical take home messages. In the third part, broader perspectives are presented - from a primary care overview of prescribing for women, through to regulatory, political and religious aspects, including issues with women's medicines in developing countries. The final two chapters focus on risk communication and conclude that women themselves should be placed at the centre of all discussions about their medicines. The book is aimed at prescribers, other healthcare professionals and students in the field of women's health throughout the world. It is an extremely valuable resource for all in clinical practice, for students of

medicine, nursing, pharmacy and related sciences, and also for those in medicines regulation, pharmacovigilance and the pharmaceutical industry.

The Complete Idiot's Guide to Self-healing with Spas and Retreats Linda Short,1999 Discover the total guide to selecting, affording, and getting the most out of the perfect spa experience, from yoga to a good old-fashioned facial/massage/mudbath approach with valuable tip and steps to bringing luxuries home. Illustrations throughout.

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