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Spoken Word CD This highly acclaimed, research-proven, physician-endorsed guided imagery combines healing imagery, powerful music and a state-of-the-art understanding of the mind-body connection to reduce or eliminate acute anxiety and panic attacks.

**Guided Relaxation CDs | Banyen Books & Sound**

Guided imagery is a gentle but powerful technique that focuses and directs the imagination. It can be just as simple as an athlete's 10-second reverie, just before leaping off the diving board, imagining how a perfect dive feels when slicing through the water.

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