



Grounding & Releasing (How to Calm and Center Yourself When You're Stressed or Anxious, Volume 1)

Julie DiJoseph MA SEP LMHC

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All too often, we get tense, worried and upset from the speed and challenges of living in today's world. Our nervous systems are in constant "fight or flight" or in a "frozen" shut-down mode. Grounding & Releasing is the first of a 3-CD series teaching simple techniques based on neurobiological research, to calm and center yourself in the midst of stress, trauma, anxiety and mental chatter. Learn to use the felt sense of your body to feel more relaxed, less stressed, be able to think more clearly, be less reactive to other people, have access to your innate creativity and spirituality, make good decisions about life, love, work and money. Give yourself an experience of feeling truly grounded through the exercises on this comprehensive 80-minute CD. Track 1: Introduction, Grounding While Sitting (and Concepts); Track 2: Grounding While Standing (and Concepts); Track 3: Grounding While Sitting; Track 4: Grounding While Standing.

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