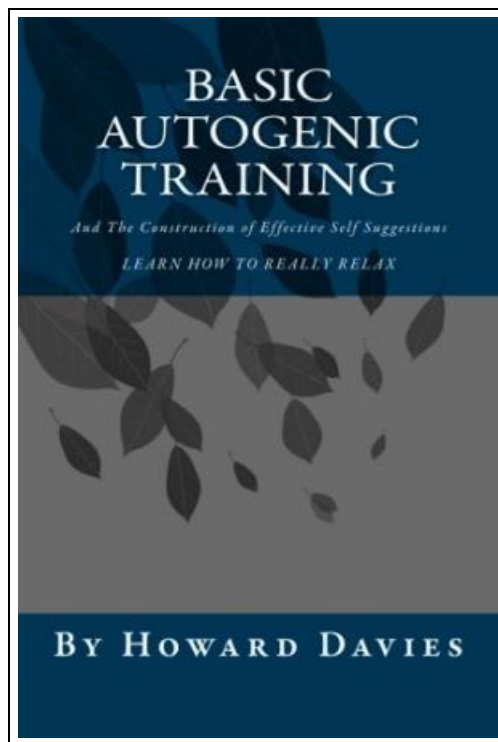


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Autogenic Training (AT) is simple and effective system for bringing about a deeply relaxing state of mind and body. In a time when finding ways to relax, let go and slow down are becoming increasingly important AT offers a fast and efficient series of exercises that can reduce the impact of Stress and frequent Anxiety. Autogenic Training can be easily integrated with numerous other therapies from Hypnosis or Counselling to Mindfulness and Meditation. Its practice is safe, non religious and contradicts no healthy spiritual or personal beliefs. This book will guide you through the six basic exercises of AT step by step, showing you how you can with practice access your own inner resources and find peace of mind. The book also explores the construction and delivery of effective self suggestion (auto-suggestion) further enhancing the use of AT. Autogenic Training was developed by German Psychiatrist and Neurologist Johannes Heinrich Shultz. Since the first publication of his work in 1932 his realistic and effective methods have been taught around the world usually in medical, nursing and care environments. This book explores and explains the methods of Autogenic Training, the author Howard Davies is an experienced Counsellor, Hypnotherapist and Stress Management Coach, who uses and teaches these techniques on a daily basis.

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