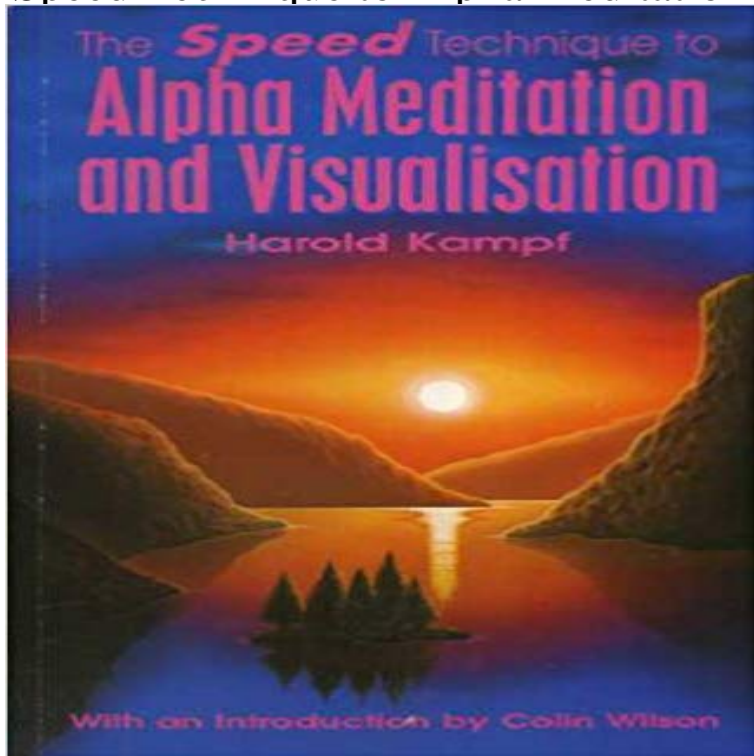


Speed Technique to Alpha Meditation and Visualization



Presents an accelerated relaxation technique accessible to beginners. The book promotes meditation and visualization as a way to banish anxiety, stress, depression and negative thoughts.

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