



4 Weeks of Stress–busting Suggestions



"For every moment of concentration there is an equal moment of relaxation."

– Derren Brown

It's Week 4!

We're at week 4 and I hope the tools provided over the last 3 weeks have been helpful to you. If they have, continue to use them and share them with friends or family if you like. This week we'll explore a total body relaxation tool called Progressive Muscle Relaxation (PMR). The name of this tool perfectly explains what's involved, progressive relaxation of all the muscles in the body. This is such an amazing technique that some users say they feel so

rested, its like they've had a nap after practicing PMR. My hope is that you have the same results. I figure the best way to introduce this technique is to give you an example and let you try it for yourself. This is a technique/tool that you can practice alone or you can use a recording, or you can use a hypnotist, lol. However you decide to use this tool doesn't matter, as long as you use it when you need it. Follow the link below for your complimentary copy of a PMR technique I use with my clients. Use of headphones provides a more intense experience. Enjoy!

Welcome to Week 4

Progressive Muscle Relaxation

Follow Link for PMR session:

<https://hypnobybrenda.com/bonus-material.html>

Allow audio time to buffer once you hit play.

(Make sure you allow at least 20 minutes to listen to this recording and do not listen while driving or operating any type of machinery)

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