



Words to Relax: Relaxation Scripts for Personal Growth and Stress Relief

Candi Raudebaugh

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This book is essential for professionals who use relaxation with clients, and provides clear, straight forward instruction for nonprofessionals as well. It is a valuable resource for anyone who wants to relax.

Features more than 50 unique scripts, plus mix and match induction, body, and conclusion elements to create hundreds of customized relaxation scripts.

Relaxation is a valuable skill that can improve mental and physical health.

Decreased muscle tension, reduced pain, improved pain tolerance, mental clarity, lower blood pressure, an enhanced immune system, and a feeling of calm are just some of the benefits of relaxation. Achieve better health through visualization, guided imagery, meditation, progressive muscle relaxation, and more.

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