

Goldin Universe

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Relieve Stress - MP3

\$18.00 \$9.99

You Save: \$8.01

After many years of in-depth research, **Paul Goldin** - the creator of **ColorGenics** - has developed an innovative CD-based technique for the treatment of the stress.

The unique programs in these MP3's demonstrate that a relaxed body cannot contain destructive emotion. This being so, a stressed individual is conditioned over a relatively short period of time to learn to **relax at will**.

Once that has been accomplished that individual will have learned one of life's most important secrets - how to **take control of your life** and to resist negative influences.

The programme is composed of three carefully designed individual tracks:

1. Introduction
2. Programming
3. Reinforcement

Instant download after purchase

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