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Current Reviews

Spirituality

STRESS FIRST AID KIT

Tricia Brennan
Read by Tricia Brennan

Here is elegantly produced mental health program that combines the author's soothing voice with gentle affirmations and calming music. Each of the six CDs is organized around common somatic symptom clusters--aching heart, fuzzy head, dragging feet, stomach knots, boulder shoulders, and clenched fists. The psychological goals within these clusters include helping listeners accept themselves, forgive others, connect with the universe, receive love, and stop competing with others. The graceful author and personal coach has an excellent grasp of people's negative internal messages. The hypnotic combination of sounds and intense personal themes should work well with a variety of stress patterns and emotional dysfunction. T.W. © AudioFile 2006, Portland, Maine [Published: JUN/ JUL 06]

Spirituality • 6 hrs. • Unabridged • ©2005

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DD ISBN \$20.97