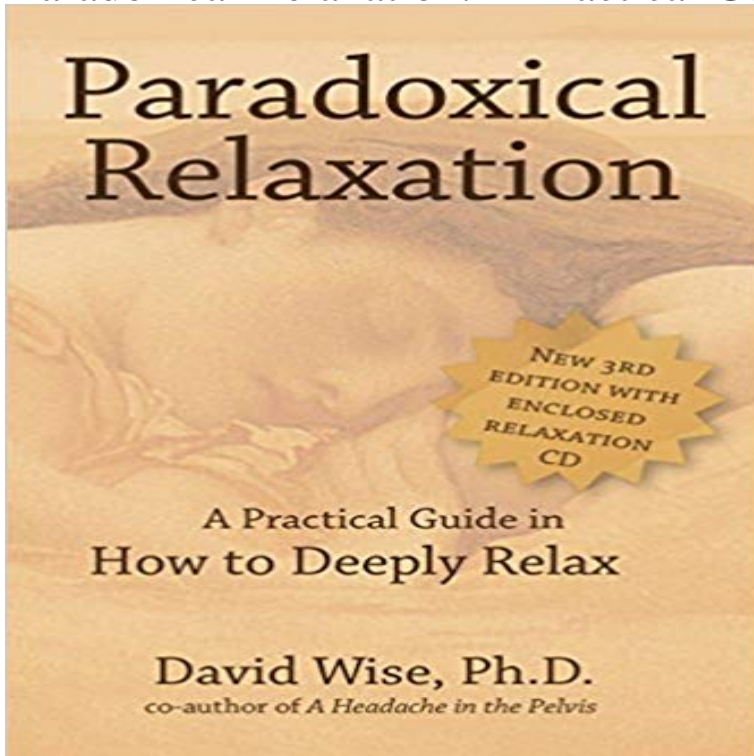


# Paradoxical Relaxation: A Practical Guide in How to Deeply Relax



This book describes the method of Paradoxical Relaxation, a method initially used and studied by researchers at Stanford University in the Department of Urology for the treatment of male and female chronic pelvic pain syndromes. This method has been one of the major components of the Wise-Anderson Protocol for pelvic pain, popularly known for many years as the Stanford Protocol. Paradoxical Relaxation was designed by David Wise to assist patients to profoundly relax, who were experiencing both pain and anxiety. The strength of the method of Paradoxical Relaxation is that it addresses the microphysical and psychological events that are obstacles to profound relaxation, especially for individuals who experience anxiety and physical distress. Enclosed with the Third Edition is a recorded lesson in Paradoxical Relaxation (in two versions) on CD.

Abravanel's World of Torah, upon completion, will comprise a multi-volume set of Don Yitzchak Abravanel's commentary to the Five Books of Moses. This series is not a linear translation but rather a methodical, structured interpretation of Abravanel's commentary. It is designed to be read and studied independently or can be used as an excellent guide and helpful companion to the Hebrew original.

Abravanel's World of Torah: Bereshit was originally published by Torah Renaissance Press in 2012. This was followed by a Second Printing (2nd Ed.) in 2013 and a Third Printing in 2014.

Abravanel's World of Torah: Shemot Volume I covers the first six parshiyot in Sefer Shemot. This volume features a systematic translation of Abravanel's classic commentary beginning with Parashat Shemot until the end of Parashat Mishpatim, plus much more.

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