



# **30 Scripts for Relaxation, Imagery & Inner Healing, Volume 2 - Second Edition**

*Julie T Lusk*

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In this second collection of relaxation exercises, Julie Lusk has gathered 30 more ready-to-use scripts from experts in the field of guided imagery. Volume 2 of 30 Scripts for Relaxation, Imagery & Inner Healing offers a wide variety of guided meditations to help you relax more deeply, lose weight, quit smoking, connect with nature, manage physical pain, and converse with your inner, personal guide.

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