

Personal Skills and Tools for Physical, Mental and Emotional Health



Effective Solutions To Life Problems provides highly effective personal skills and tools that work to solve life's problems, reduce stresses, create healthy personal changes, and achieve meaningful goals. The problem-solving strategy of these self-help skills and tools, and key to producing results is that: self-knowledge combined with accurate information and effective tools

and skills give you personal power - the power to change, the power to accomplish, the power to succeed.

If you are seeking effective self-help tools and skills to:

- improve your ability to cope with life's stressful demands and challenges, or to relieve stress and its pervasive impact on your health, well-being, and quality of life...
- increase your capacity to deeply relax - both physically and mentally - to experience more peace and calm, enjoyment and contentment...
- make healthy lifestyle or life pattern changes that improve your overall health and well-being; including positive changes in your eating habits and nutrition, as well as in your exercise activity, that increase your energy and fitness level, maintain a weight that is healthy for you, and establish better balance in your daily living...
- finally find an effective, enduring solution to unsuccessful struggles with weight - and the body image and self-esteem issues that often accompany the struggle - so you can lose the weight, maintain that loss, and gain back your confidence, sense of control, and satisfaction in accomplishment...
- or simply think and believe more positively, and less negatively - to be motivated and able to follow through on the constructive steps and achieve the results that will allow your personal goals to become reality...

Then the self - empowering techniques of guided imagery, visualization, and self-hypnosis can be a valuable source of real help, support and expert guidance.

Through a unique blend of the techniques of deep relaxation, guided imagery and visualization, self-hypnosis, and pattern change on the instructional recordings, you will be able to improve your physical, mental, emotional and spiritual health and well-being... to acquire skills that greatly enhance the quality of your life. Although it is not magic, the effects are magical in empowering you to accomplish what you most want - to move beyond quick fixes or empty promises - and into healthier living with more inner relaxation and freedom from stress, fitness, improved self-esteem, mastery, and sustained positive lifestyle changes.



The instructive, professional recordings are designed to provide you with the experience of guided imagery and visualization for relaxation, stress management, and self-hypnosis, applied to topic or problem areas that are important to you. Each guided imagery and self-hypnosis audiotope/CD is expertly crafted to assist you in accomplishing the personal growth, changes, or goals that are meaningful for you.

Through simply listening to the carefully constructed audiotapes/CDs, you will be able to experience the wonderfully unique and enjoyable sensation of being both very physically relaxed and, at the same time, highly focused in concentrating productively on an issue or problem that you wish to effectively address, in order to create and strengthen the desirable behaviors, thoughts, and feelings you most want. Each self-contained, instructional audiotope/CD is a tool designed to provide a beneficial, personalized learning experience - a fascinating opportunity for self-discovery - and to guide you in harnessing your inner resources and utilizing your newly-acquired skills to improve and benefit the problem areas or concerns you select.

Through the gentle guiding process of the tape's/CD's imagery, you will very likely find that you can relax more readily and deeply than was possible before, that you can release distracting thoughts, and that you can concentrate completely and productively on the task at hand. With the expert help of the audiotope/CD tools, you will then be able to apply your skills to a limitless array of problems or goals.

Visit our website
and Order tapes/CD's at
www.Effective-Life-Skills.com

or by mail with attached order form
sent to address below.

If you have any questions or comments, you may
contact us at:

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P.O.Box 7442
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Effective Life Skills



*Effective Solutions to
Life Problems
Through Guided
Imagery,
Visualization, and
Self-Hypnosis*

RELAXATION & STRESS MANAGEMENT/REDUCTION



Tape/CD 1: The Inviting Garden Path

Guided Imagery for Relaxation, Self-Hypnosis and Stress Management/Reduction.

This soothing, stress-reducing audio tape/CD provides the foundation for experiencing: deep, physical relaxation; the dissolving of stress in mind and body; the release of negative feelings or reactions; while at the same time, gently leading you step-by-step through the process of self-hypnosis to deepen the positive benefits. The carefully crafted recording blends together the essential elements for true relaxation and stress relief: calming breathing, guided imagery and visualization of peaceful scenes (including your personal choice of either a forest or a meadow setting), and complete body relaxation.

Tape/CD 2: Complete Body & Mind Relaxation

Progressive Muscle Relaxation for Stress Management & Reduction



This progressive relaxation recording is ideal for creating the deepest possible physical relaxation that releases and discharges all traces of stress and tension from your entire body, and then clears and calms your mind. It works so effectively by systematically tensing and relaxing each of the major muscle groups and areas of your body, beginning at the tips of your toes, and slowly and sequentially moving up through each area, until reaching the very top of your head; then closing with guided imagery of Pleasing scenes that enhance serenity & well-being.



Tape/CD 3 Songs of the Sea: Soothing Sounds and Scenes for your Senses

Guided Imagery and Meditations from the Seashore For Stress Reduction and Progressive Relaxation

The serenity and the rejuvenating quality of this guided imagery audiotape/CD, flow from the untouched peacefulness and natural beauty of the tropical setting, blended with a deep state of relaxation which is facilitated by soothing, progressive muscle relaxation and calming, yet gently empowering visualization and meditation. This recording involves all of your senses, as you are guided in allowing your breathing, your body, your mind, and your emotions to become quiet, calm, deeply relaxed and effortless to mirror the natural calming rhythm, constancy and peacefulness of the sea.



Tape/CD 4: Creating a Safe Place

For Deep Relaxation, Restoration and Reducing Stress

This audiotape/CD provides you with the means to create your own unique, personal and completely individualized safe place. It allows you to establish a readily and easily accessible place to "go to" where you can fully relax, physically and mentally, and feel free from demands --"untouchable" by stress or problems. Through the techniques of guided imagery and creative visualization, deep and calming breathing, and gentle self-hypnosis, the recording will facilitate you in using your own creativity and imagination to construct a valuable safe haven that will always be available to you, whenever you need it.

FITNESS & HEALTHY LIFESTYLE CHANGE

Tape/CD 5: Getting Active - Exercising for Fitness & Weight Management or Reduction

Especially for those of you who either have not found pleasure, benefit or results from exercise in the past, or who have exercised previously but cannot seem to motivate yourself to begin again or to "stick with" your exercising, this audiotape/CD is designed to provide that motivation at a deep, reinforcing level that will work for you. It can transform exercise activity into something that you look forward to and want to make a part of your life, rather than something you dread or view as an ordeal.



Tape/CD 6A: The Part of Me That Resists

The Inner Struggle-Overcoming Resistance to Healthy Change

If you have found yourself putting off your resolution to exercise more or eat better, procrastinating, making excuses to yourself for inactivity or poor eating habits, then this audiotape/CD can be an invaluable help in giving you the means to get over that hurdle, to resolve the "battle inside" between 'the part of you' that knows what you should do to be healthy and fit, versus 'the part of you' that seems to sabotage it or even do the opposite. We can all find ourselves "stuck" in frustrating, self-defeating behavior patterns that seem to defy explanation. Perhaps you seem to repeatedly take one step forward toward your goal, only to take two steps backward; and it is as if "something is holding you back" from the health and fitness level you aspire to... preventing you from accomplishing your desired goals. This recording will provide the motivation and means to resolve the "inner tug of war."

WEIGHT MANAGEMENT & WEIGHT REDUCTION

Tape/CD 6B: The Part of Me That Resists

(See Tape/CD 6A) For Weight Issues



Tape/CD 7: Gaining Control to Accomplish Your Goal

Guided Imagery for Weight Reduction and Management

This extremely effective weight loss and weight management audiotape/CD provides you with the tools to take your own control of your eating patterns and your health. It utilizes vivid, detailed visualization and guided imagery, blended throughout with wonderfully relaxing, calming breath techniques and deep physical relaxation. This combination creates a deep state of relaxation and self-hypnosis, in which your own healthy weight goals and the appropriate steps to reach them, can register deeply in your inner mind - where they can motivate you, keep you on track, empower you to follow through on the better food choices you want to make.



Tape/CD 8: Eating to Feed Your Feelings - Emotional or Compulsive Eating

Emotional Needs & Coping Through Food

This guided imagery & self-hypnosis audio tape/CD will help you gain, or regain, your own control of your eating habits & choices. In a nurturing and encouraging way, it may also assist you in discovering some of the underlying needs or feelings behind your unwanted eating habits, and thus allow you to make positive changes that benefit not just your weight management goals, but also your overall emotional and psychological well-being, as well as your physical health. This recording simultaneously guides you, through its blend of relaxation, imagery and visualization, meditation and affirming self-hypnosis, in learning valuable stress management and coping skills that constructively address your feelings, while reducing any need to over eat.



Tape/CD 9: Times of Temptation - Late Evening or Weekend Eating

Many of us do reasonably well, some or most of the time, in monitoring and moderating our food intake and our choices, but yet seem to have times of the day or week when we are particularly vulnerable to cravings, to over-eating, or to eating foods that are not healthy for us. For those personally vulnerable times, whenever they may strike, no matter how frequent or infrequent, this audiotape/CD provides you with several valuable and effective tools to "re-program" yourself in order to change eating habits that do not work for you or for your health.

**NEW
IN
2007**

SLEEP PROBLEMS: Tools for Improving Sleep



Tape/CD 1S: The Inviting Garden Path For Sleep

*Guided Imagery for Relaxation,
Stress Management and Self-
Hypnosis for Improved Sleep*

This deeply relaxing and stress-reducing recording has specifically designed components to clear the mind of unwanted, distracting thoughts or worries; relax the body and discharge negative feelings or stresses; and facilitate deep restorative sleep that regenerates energy and refreshes the mind and body. The carefully crafted recording blends together the essential elements for true relaxation, stress relief, and deep sleep: calming breathing; guided imagery of personally relaxing scenes; complete body relaxation; and gentle step-by-step self-hypnosis to deepen the positive benefits and promote sleep. Simply through listening, you will be comfortably guided in experiencing each of the elements as they flow seamlessly together, allowing you to naturally move into a state of readiness for deep sleep.

Tape/CD 2S: Complete Body & Mind Relaxation for Sleep

*Progressive Muscle Relaxation for
Stress Management & Deep Sleep*



This progressive relaxation recording is ideal for achieving the deepest possible physical relaxation that releases and discharges stress and tension from your body, as well as clears and calms your mind, both components being necessary for deep natural sleep. It works so effectively by systematically tensing and relaxing each of the major muscle groups and areas of your body, beginning at the tips of your toes, and slowly and sequentially moving up through each area, until reaching the top of your head. The process produces a relaxation state that is most conducive for high-quality sleep; plus it enhances your immune system, reduces the negative impact of stressors on your body and health, builds “reserves” and strengthens your ability to respond in a constructive way to life’s stresses, challenges, and physical or emotional demands.



Tape/CD 3S: Songs of the Sea for Sleep

*Soothing Sounds and Scenes for
your Senses: Guided Imagery for Stress
Relief and Deep Relaxation to Sleep.*

This recording is so restful, soothing, and profoundly relaxing that you can readily use it as a sleep aide, listening just before bedtime to fall into a deep, natural sleep.

The tranquility and the rejuvenating quality of this guided imagery audiotape/CD, flow from the untouched peacefulness and natural beauty of the tropical setting. The serenity is blended with a deep state of relaxation, facilitated by soothing progressive muscle relaxation, gently empowering visualizations, and calming meditations from the seashore.



Tape/CD 4S: Creating a Safe Place for Sleep

For Deep Relaxation, Restoration & Reducing Stress to Enhance Sleep

If you find it difficult to truly relax, to find relief from stress, to put aside troubling thoughts or feelings, or to recharge your mind and body, then this soothing, stress-reducing recording provides you with the means to create your own unique, personal and completely individualized safe haven -- where you can fully relax, let go of worries and stresses, reclaim peace of mind, and allow your mind and body to rest, recharge, and naturally move into a deep, restorative sleep.

EFFECTIVE HELP FOR SLEEP PROBLEMS



The professional Sleep Series recordings have been specifically designed to provide effective tools to cope with, to improve, and to reverse long-standing sleep problems, and the cascade of secondary health problems they create. These therapeutic tools facilitate deep and restful sleep, providing natural sleep aides to help you fall asleep, to help you stay asleep, or to help you easily get back to sleep when your sleep has been disturbed or interrupted. Equally as important, the recordings serve to develop beneficial sleep skills and strengthen inner resources.

The Sleep Series of experiential audiotapes/CD's have been expertly prepared to blend the most effective elements of: 1) deep breathing techniques to induce inner calm; 2) guided imagery to promote peacefulness and a sense of well-being through visualizing serene scenes; 3) progressive muscle relaxation to systematically relax your entire body; and 4) guided self-hypnosis to allow you to thoroughly release stress or tension, and to deepen the positive benefits of mind/body relaxation in preparation for high quality sleep. All of these components, in combination, are essential to producing truly restorative, deep sleep.

Indicate your Sleep Series selection(s) below, and enclose this insert with your completed Order Form

Title	Price	Qty	Total
1AS - Inviting Garden Path For Sleep. Forest.	Tape \$31.95		\$
	CD - \$27.95		\$
1BS - Inviting Garden Path For Sleep. Meadow.	Tape \$31.95		\$
	CD - \$27.95		\$
2S - Complete Body & Mind Relaxation for Sleep. <i>Progressive Muscle Relaxation for Stress Management & Deep Sleep.</i>	Tape - N/A		\$
	CD - \$27.95		\$
3S - Songs of the Sea for Sleep <i>Soothing Sounds and Scenes for your Senses</i>	Tape - \$31.95		\$
	CD - \$27.95		\$
4S - Creating a Safe Place for Sleep: <i>For Deep Relaxation, Restoration & Reducing Stress to Enhance Sleep</i>	Tape - \$31.95		\$
	CD - \$28.95		\$

Effective Life Skills

Order Form

EFFECTIVE LIFE SKILLS

P.O. Box 7442
Seminole, FL 33775

E-Mail: customerservice@effective-life-skills.com

Please fill out and mail completed order form with credit card information, personal check or money order payable to **Effective Life Skills** to:

EFFECTIVE LIFE SKILLS
P.O. Box 7442
Seminole, FL 33775

U.S. Currency only. Allow 7-14 days for delivery after order is received. Please use a shipping address that can receive packages during business hours.

Shipping & Handling Charges		
U.S. Domestic Orders	U.S. Postal Office	UPS
One item (tape or CD)	\$5.00	\$8.00
2 Items (tape or CD)	8.00	\$10.00
3 Items (tape or CD)	10.00	\$12.00
Each additional item over 3 (tape or CD)	Add \$2.00	Add \$2.00
International Orders	Charges Above Plus \$7.00	Not Available
Florida residents, please add 7% tax		

Billing Information	
Name:	Street Address:
City:	State:
Zip Code:	Country:
Daytime Phone Number:	Evening Phone Number:
Fax Number:	Email:

Shipping Address/If Different Than Billing	
Name:	Street Address:
City:	State:
Zip Code:	Country:

Method of Payment: <i>Please Check Desired Payment</i>	
<input type="checkbox"/> Cash	<input type="checkbox"/> Money Order
<input type="checkbox"/> MasterCard	<input type="checkbox"/> Visa
Credit Card #:	Exp. Date: 3-Digit Sec Code:
Cardholders Signature:	

Title	Price	Qty	Total
1 - The Inviting Garden Path <i>(Please Indicate One: [FOREST] or [MEADOW])</i>	Tape - \$27.95		\$
	CD - \$26.95		\$
1S - The Inviting Garden Path for Sleep <i>(Please Indicate One: [FOREST] or [MEADOW])</i>	Tape - \$31.95		\$
	CD - \$27.95		\$
2 - Complete Body & Mind Relaxation <i>Progressive Muscle Relaxation for Stress Management & Reduction (FULL VERSION)</i>	Tape - N/A		\$
	CD - \$29.95		\$
2 - Complete Body & Mind Relaxation <i>Progressive Muscle Relaxation for Stress Management & Reduction (BRIEF VERSION)</i>	Tape - \$27.95		\$
	CD - \$26.95		\$
2S - Complete Body & Mind Relaxation for Sleep <i>Progressive Muscle Relaxation for Stress Management & Deep Sleep (SLEEP VERSION)</i>	Tape - N/A		\$
	CD - \$27.95		\$
3 - Songs of the Sea: <i>Soothing Sounds and Scenes for your Senses</i>	Tape - \$27.95		\$
	CD - \$26.95		\$
3S - Songs of the Sea for Sleep <i>Soothing Sounds and Scenes for your Senses:</i>	Tape - \$31.95		\$
	CD - \$27.95		\$
4 - Creating a Safe Place <i>For Deep Relaxation, Restoration & Reducing Stress</i>	Tape - \$25.95		\$
	CD - \$27.95		\$
4S - Creating a Safe Place for Sleep: <i>For Deep Relaxation, Restoration & Reducing Stress to Enhance Sleep</i>	Tape - \$31.95		\$
	CD - \$28.95		\$
5 - Getting Active: <i>Exercising for Fitness & Weight Management or Reduction</i>	Tape - \$31.95		\$
	CD - \$28.95		\$
6A/B - "The Part of Me That Resists" <i>The Inner Struggle-Overcoming Resistance to Healthy Change</i>	Tape - \$31.95		\$
	CD - \$28.95		\$
7 - Gaining Control to Accomplish Your Goal <i>Guided Imagery for Weight Reduction and Management</i>	Tape - \$25.95		\$
	CD - \$28.95		\$
8 - Eating to Feed Your Feelings <i>Managing Emotional or Compulsive Eating and Stress Eating</i>	Tape - \$25.95		\$
	CD - \$28.95		\$
9 - Times of Temptation <i>Changing Unhealthy Habits & Patterns: Late Evening or Weekend Eating</i>	Tape - \$25.95		\$
	CD - \$28.95		\$
Subtotal:			\$
Shipping & Handling:			\$
Additional Charge for International Shipping:			\$
Sales Tax (7% Florida residents):			\$
Subtract \$5.00 Discount for Minimum Order of 3 Items:			
Total:			\$

Visit our web site at www.Effective-Life-Skills.com for comprehensive information about the process of Guided Imagery, Visualization, and Self-Hypnosis, as well as additional information on available recordings.