



# Relieve Stress with Medical Hypnosis

*Steven Gurgevich*

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## **Relieve Stress with Medical Hypnosis** Steven Gurgevich

If you find yourself feeling increasingly frazzled and overwhelmed, you're not alone. Today's fast-paced life gives us plenty of opportunities to get stressed out--but few safe remedies. Now with *Relieve Stress with Medical Hypnosis*, Dr. Steven Gurgevich offers practical solutions to help us learn how to cope with the demands of modern life while remaining calm and focused. Drawing from his 30 years of clinical practice, Dr. Gurgevich shares medical insights and guided trancework sessions that help us tap into the power of our mind-body connection to experience relaxation. Join this acclaimed hypnotherapy expert to explore: The physiology of stress and how to access your innate relaxation response. A body-scan technique to identify where you are holding stress--and safely unblock it. How to build your strength and inner resources to minimize the way stress affects you. "We can't make the causes of stress go away, but we can train ourselves to respond more effectively when they arise," teaches Dr. Gurgevich. With *Relieve Stress with Medical Hypnosis* you have a practical program to help build your immunity to stress and make comfort and calm more readily available to you--in any modern life situation.

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