

Dr. Keesha Ewers - Stress Busting Tool Kit

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The thermometer will ONLY be shipped to U.S. residents. We cannot ship the thermometer to non-U.S. addresses. You can do the program successfully without the thermometer if you live outside the U.S.

Customer Reviews

“I’ve noticed the last two weeks upon waking that the tightness and cramping in my hands has significantly decreased. I’ve been thinking about what could account for this after more than a year of these symptoms. I am already gluten free, dairy, soy, eggs, corn free. Limited grains and legumes. I was doing my Autogenic Training session and it occurred to me the Autogenic Training is making the difference. My feet feel much better as well.” – Kim C.

“It really helps me to say hello to the anxiety and then go on about my business. Then it doesn’t have the power over me like it did before! Your “Stress Busting Tool Kit” is also a HUGE help as well as your book and the ways it offers to work through our emotions. I’m on the wonderful journey of creating the rest of my life! Thank you for being a treasured part of that! You really speak to and move me. I’m here to stay!.” – Lydia Chasen

Proof Content

	Dr. Keesha Ewers – Stress Busting Tool Kit.png			30 KB
	3. Stress Busting Tool Kit PDF.pdf			1.3 MB
	1. Autogenic Training Audio.mp3			23.4 MB
	2. Progressive Relaxation Training Audio.mp3			34.9 MB
4 files				59.6 MB