

**Congratulations: you can read PDF files.**

**Download the [Natural Stress Relief technique](#) now!**

## **Table of contents**

1. The Natural Stress Relief technique
2. How to learn the Natural Stress Relief technique
3. How to practice the Natural Stress Relief technique
4. More details about the Natural Stress Relief technique
5. Preparation to your personal instruction
6. Preview of your personal instruction
7. Possible effects during your sessions
8. Questionnaire before your personal instruction
9. Personal instruction: your first session
10. Your first report
11. First lesson
12. Your second session
13. Second lesson
14. Your third session
15. Third lesson
16. Your fourth session
17. Fourth lesson
18. Your fifth session
19. Fifth lesson
20. Your sixth session
21. Sixth lesson
22. Your next sessions

Appendix 1

Appendix 2

Appendix 3

**Download the [Natural Stress Relief technique](#) now!**