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**SELF HELP COMPACT DISC RELEASES - UPDATED 05/08/17**

Self Help

LABEL: EMI - RPG

- |        |             |   |
|--------|-------------|---|
| \$6.29 | CDNF 147308 | Swami Sukhabodhananda "Stress Management" (Bullet Proof Yogic Approach) / Thought Can Make You, Thought Can Break You. The Art Of Managing Where By You Are A Victor & Not A Victim Is The Wisdon By Which You Can Convert Frustration Into Fascination (ADD) |
| \$6.29 | CDNF 147309 | Swami Sukhabodhananda "People Management" (Yogic Approach) / Converting Worry Into Wisdom While Handling People Is A Unique Skill One Has To Learn. Treating People As An Opportunity And Not A Threat Is Invisibly Empowering Them (ADD)                     |
| \$6.29 | CDNF 147310 | Swami Sukhabodhananda "Happy Marriage" (Wise Approach) / Marriage Has Become A Coffin Of Love And A Battlefield Of Arguments. Successful Marriage Is Not Finding But Being The Right Person. Techniques To Make Marriage Work, etc. (ADD)                     |
| \$6.29 | CDNF 147311 | Swami Sukhabodhananda "Fear Management" (Yogic Approach) / Most Of Our Fear Speaks Of Us Rather Than The Situation. Fear For Most Of Us Is Fantasized Experience Appearing Real. Converting Fear Into Fun, Fulfillment Is The Pilgrimage (ADD)                |
| \$6.29 | CDNF 147312 | Swami Sukhabodhananda "Art Of Parenting" (Wise Approach) What A Little Lamp Can Do The Great Sun Cannot Do, It Can Shine In The Night. Wise Parenting Is Creating This Miracle Bridge From A Bitter To A Better Child (ADD)                                   |
| \$8.99 | CDNF 155001 | Chaitanya - Music For Healthy Living "Shanti - Music For Relief From Stress, Anxiety, Depression" / A Medically Researched & Developed Music Therapy (With Dance Therapy) By P. Bharathi M.D. / Ragas: Hamsadvani, Mohanam, Kathanakuthuhalam (ADD)           |
| \$8.99 | CDNF 155002 | Chaitanya - Music For Healthy Living "Aaram - Music For Relief From Sleeplessness" / A Medically Researched & Developed Music Therapy By Dr. P. Bharathi M.D. / Ragas: Jaijaiwanti, Pooriya, Kapi & Neelambari (ADD)  |
| \$8.99 | CDNF 155003 | Chaitanya - Music For Healty Living "Jaan - Music For Relief From Heart Ailments" / A Medically Researched & Developed Music Therapy By Dr. P. Bharathi M.D. / Ragas: Ahir Bhairav - For Lowering Blood Pressure & Chandrakauns - For Heart Ailments (ADD)    |

S e l f H e l p

**LABEL: EMI - RPG**

- \$8.99      CDNF 155004      Chaitanya - Music For Healty Living "Saans - Music For Relief From Respiratory Problems" / A Medically Researched & Developed Music Therapy By Dr. P. Bharathi M.D. / Ragas: Darbari Kannada, Ranjani, Pooriya & Sohni (ADD)
- \$8.99      CDNF 155005      Chaitanya - Music For Healthy Living "Anand - Music For Relief From Sexual Problems" / A Medically Researched & Developed Music Therapy By Dr. P. Bharathi M.D. / Ragas: Nand & Shanmugapriya (ADD)

**LABEL: UNIVERSAL MUSIC INDIA**

- \$7.66      CDNF 355      Anup Jalota "Pratah Smaran" (A Complete Piece For Your Body, Soul & Mind) Surya-Upasna, Hastadarshan & Dhartivandana, Gayatri Mantra, Ganesh Stuti, Saraswati Vandana, Mahadevi Smaran, Vishnu Stuti, Shivastava, Guru Vandana, Ishchintan, etc.