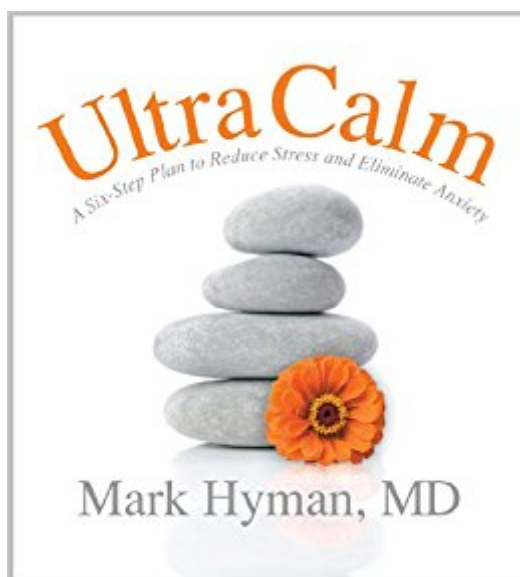


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# UltraCalm: A 6-Step Plan To Reduce Stress And Eliminate Anxiety



## Synopsis

Most relaxation techniques focus on either soothing the body or settling the mind--and achieve only limited results. Dr. Mark Hyman's approach helps you address the mind and body at once to achieve a state he calls "ultracalm." On UltraCalm, this bestselling author presents his simple, powerful method for generating a peaceful and harmonious state in the body-mind--one that allows the body's natural healing intelligence to work at its most effective level. This new audio learning program from Dr. Hyman features: Guided mind-body techniques to directly address three major health conditions: stress, anxiety, and depression. An overview of the science behind mind-body medicine--why this field is now the most important medical frontier. Breathing meditations and visualization exercises for feeling calm, confident, and in good spirits. On-the-spot techniques for dealing with stressful situations Dr. Mark Hyman believes that the future of medicine will be based on tapping the power of the mind-body connection. Since cutting-edge practices can sometimes take decades to enter the mainstream, his mission is to provide his listeners with the tools to take charge of their own health today. Join Dr. Hyman on UltraCalm to learn his potent techniques to relax and heal your whole self.

## Book Information

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## Customer Reviews

Mark HymanMark Hyman, MD, is a practicing family physician, a nine-time #1 New York Times bestselling author, and an internationally recognized leader, speaker, educator, and advocate in his field. He is the Director the Cleveland Clinic Center for Functional Medicine. He is also the founder and medical director of The UltraWellness Center, chairman of the board of the Institute for

Functional Medicine, a medical editor for The Huffington Post, and was a regular medical contributor on many television shows and channels including CBS This Morning, the Today Show, Good Morning America, CNN, The View, Katie, and The Dr. Oz Show."

I was not expecting anything but I found myself yawning.

Once again, I was fooled by the "Sounds True" company's ad copy. They promised: 1. Guided mind-body techniques to directly address three major health conditions: stress, anxiety, and depression 2. An overview of the science behind mind-body medicine-- why this field is now the most important medical frontier 3. Breathing meditations and visualization exercises for feeling calm, confident, and in good spirits 4. On-the-spot techniques for dealing with stressful situations Yes, we get all of those things, but let me be clear: we mostly get an "overview." I was hoping for good guided meditations, visualization exercises, and mind-body techniques to reduce stress. They're on here, but they are quick and rather mediocre. The guided imagery meditation was just plain bad: Hyman tells us to visualize a calm place, to go there, and just as I was starting to, he jumps in and describes a myriad of places I'd imagine he'd like to go to! So much for my own personal calm place. I could barely wait for him to finish! These CDs feel cobbled together. It is really an audiobook, but it is not one of Hyman's books, which, I gather, are better than this set. This material is more suited for book reading, or at least one of his books would have been better suited to be an audiobook. And, like many Sounds True CDs (I hope they read these reviews), they are not recognized by Gracenote, so when one puts the CD in iTunes, no track listings come up. If you want to manually input the name of the tracks, one must do that after removing the CDs, for there's no guide to the tracks on the packaging. In fact, there's nothing in the packaging at all. Add to this that there's no relaxing soundtrack and this "package" just seems like it was thrown together on the cheap. If you want guided visualizations, there are much better ones out there. Type "yoga nidra" into the search and you'll find plenty. Want to learn to relax, or understand the mind/body connection? Try anything by Jon Kabat-Zinn or Deepak Chopra and your money will be better spent.

As a holistic psychotherapist, I am familiar with almost everything on this audiobook; however, if you are not steeped in alternative stress reducing techniques you may glean quite a bit from D. Hyman. There's some very basic yoga, nutritional information, meditation, exhortations to get thee to a sauna or steam bath, vitamin suggestions, a little breath work, all relayed in a very upbeat

voice. My favorite suggestion was to make a list of stressors and a list of life giving activities. Engage in more of the latter, excise at least one of the former, and you are on your way to Ultra Calm.

I am not familiar with the previous titles of this author. As a new reader/listener, I was disappointed with this title. It consists of two audio CDs with a total runtime of just under two hours. The set has an awkward start with a rather repetitive overview. There is an eye-roll moment there, where the narrator/MD repeats a couple of times that he didn't initially realize that working 60-hour shifts was bad for the body. Even as an exaggeration, this sounds like a fail of common sense. There are some good stuff in the audiobook, but these are things that are pretty much public domain these days. There is another awkward moment where the author praises various supplements and five minutes later directs you to his website to buy them. You are supposed to do that in infomercials, not in a book like this! The whole set has a feel of being hastily put together, it doesn't seem to have a natural or organic flow to it (yes, there is irony to that considering the subject!) The one thing that I did like was the packaging, but obviously that can't save the day. If you value your money, I would recommend checking it out at the library first to make sure it has enough material that are of interest to you before committing your money.

When I requested Ultra Calm, I was expecting more of just a guided meditation type of product. While Ultra Calm has a few sections on this, it is much more than that. Ultra Calm does a very good job of helping you to understand anxiety and stress. If you are looking for something to primarily help you relax through guided meditation, this probably isn't the best product. However, if you would like to know all the causes of anxiety and stress, from diet choices to sleeping habits, Ultra Calm is great because it covers a lot of information and is very educational. Here are contents of both discs. Disc One (50 minutes)- Introduction- The Mind-Body System- Thoughts Are Things- Disease As Disconnection- What Can We Do About Stress?- Introduction Simple Six Step Solution To Stress- Step One: Identify The Causes of Stress Disc Two (61 minutes)- Step Two: Practices For Reducing Stress Soft Belly Breathing- Guided Relaxation Visualization- Legs Up The Wall Exercise- The Corpse Pose- Other Techniques For Reducing Stress- Step Three: Stress Reducing Diet- Step Four: Enhancing Your Sleep- Step Five: Physical Exercise Reduces Stress- Step Six: Dietary Supplements- The Loving Kindness Meditation If you are wanting to reduce stress in your life and live a much calmer and relaxing life, Ultra Calm is a great first step to learning how to get there.

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