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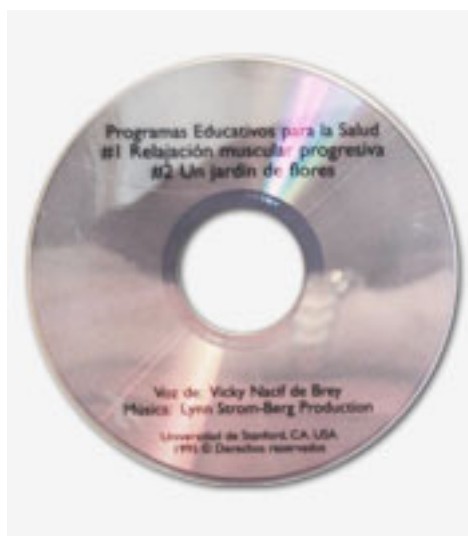
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# Programas educativos para la salud: Relajación muscular progresiva y Un jardín de flores



List Price CD: \$12.00

**Online Price: \$9.60**  
You Save: \$2.40 (20%)  
1995, CD

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List Price Cassette: \$12.00  
**Online Price: \$9.60**  
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Vicky Nacif de Brey (voice) and Dianne Stork (music)

Available in audiocassette and CD formats, these two Spanish language recordings offer 20-minute programs guiding listeners through progressive muscle relaxation and a calming walk through a garden of flowers. Both programs are excellent companions to [\*Como convivir con su artritis\*](#) and [\*Tomando control de su salud\*](#).

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