



## Happy not hassled

### Track titles

**Disc/Folder 1: Easy meditations to help you reduce anxiety, worry or fear.**

Let go of tension, boost your emotional intelligence and increase your sense of relaxation, peace and calm.

- Track 1:** Let go of negativity and find happiness. (6.03)
- Track 2:** Catch stress early and stop getting annoyed. (2.20)
- Track 3:** Meditation made easy: How to do four types of meditation without needing to sit cross-legged. (4.36)
- Track 4:** How to check in with yourself. (2.52)
- Track 5:** A "relaxing your body" meditation. (6:34)
- Track 6:** Unwind and stop tension building-up over the day. (1.16)
- Track 7:** An emotionally intelligent way to manage worry, anxiety and pain. (3.50)
- Track 8:** How to feel less frustrated and more content and at peace. (4.48)
- Track 9:** A "soothing word" meditation. (22:27)
- Track 10:** Be less hassled and find happiness even when doing the dishes. (3.36)
- Track 11:** Overcome self-doubt and increase your self-esteem. (2.05)
- Track 12:** Conquer boredom and sleepiness. How to do a walking meditation. (6.21)



## Disc/Folder 2: More advanced meditations

How to step back from anger, impatience and disappointment and enhance your sense of joy and ease.

- Track 1:** Reduce your stress levels and overcome pain from your past.
- Track 2:** How to switch off, relax and feel rested and content in each moment. (4.12)
- Track 3:** A "beautiful breath" meditation. (29:44)
- Track 4:** How to ditch past hurts, bitterness and anger, to find peace in your heart and to have a good day, each day. (8.51)
- Track 5:** A "loving-kindness" (metta) meditation. (31:03)

