

# *Proven Relaxation Techniques Using Sound Therapy ...*

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***Research Has Proven That Sound Therapy Techniques Calm Your Mind and Help Release Your Emotional Tension and Soothe Stress Away.***

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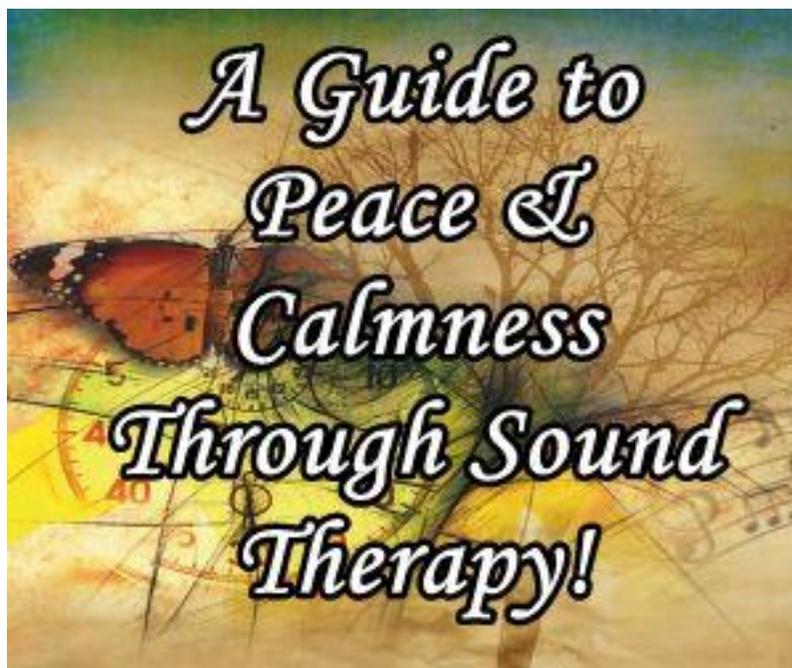
These trademark holders are not affiliated with us and they do not sponsor or endorse our publications. \*NOTE: There are useful links within this book and at the end of it to further enhance your practices of relaxation through mindfulness & meditation...

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## Introduction.

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Anyone already knows that music has an effect on you and different tunes and melodies will change your moods. Lively vibrant music will make you tap your feet and feel like dancing while rock music can make you feel excited energetic and raving.

When you visit a quality restaurant often the background music will be calming and classic, vita to help you enjoy the occasion of dining out, and obviously at a club or bar the music will be uptrend lively rocking and fun.

If you are angry, anxious and highly stressed calming music is the ultimate way to unwind and relax. Research has proven that music is a super way to brighten your mood, help you heal and release pent up emotional stress. Have a look at these facts:

- Sound Therapy is the Ultimate Way to Relax and Unwind
- Soothing sounds and music calm down your mind and subconscious
- Music enhances the practice of [mindfulness Training](#)
- Listening to Binaural Beats and Isochoric Tones calm you down and relax you completely.

In fast paced 21<sup>st</sup> Century lifestyles we need to learn how to relax but being busier than ever before because of technological advances how do you find the time to get some peace of mind and calmness in your life?

The answer is simple, music and the right kind of music is all you need to get stress relief. Best of all music is mobile so you can

listen to it anywhere, anytime, and on hundreds of different devices.

*Let's begin by looking how stressed modern lifestyle are...*



## Stress and Anxiety The Curse of Modern Society!

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Women call a stressful day where everything goes wrong a 'bad hair day'. You know those days when everything that can wrong does, from being late for work, having problems with the car, to finding bills in your postbox for unforeseen expenses, and finding the dog has chewed up your favorite shoes.

Then there is the chronic stress people suffer from financial problems, to career overload, traffic jams while commuting to technology pressure.

On some days it seems like everything clashes, making it difficult to juggle appointments, and handling all the tasks you have to cope with from work related to parenting issues.

Stressful lives are part of our fast paced lifestyles today and some days you feel like screaming or erupt into rage for the smallest things because the stress is simply too much to bear!

Certain levels of stress are vital to help you perform, cope with danger, prepare for situations, and manage your life overall. When you suffer too much of stress then you are in danger of illness, excess emotional tensions which can make you snap, and you can end up suffering from a complete nervous breakdown.

Stress releases chemicals into your blood to help you cope like adrenaline for example and this happens due to an inbuilt flight response to help us instinctively avoid danger. This response is normal but when the flight response stays on you start suffering consequences both mentally and physically.

Rushes lifestyles cause daily stress and you need to find an outlet for these pressures because your body will start suffering physically because your immune system is overtaxed.

Statistics prove that more people are dying every day from [stress related diseases](#) than ever before, and although there are many relaxation techniques to practice to relieve stress few people believe they have the time to implement them. Excessive stress manifests in many symptoms both physical and mental. Some of these are:

**a) Tension Headaches and Migraine** – frequent or tension headaches are associated with chronic stress induced factors.

**b) Infections, Flu, fatigue, and stomach cramps** – there is a proven relationship between stress and breakdown of immune systems.

**c) Insomnia and Restless Sleep disorders** – stress will affect your sleep patterns. It can cause insomnia and restless sleepless nights or stop you feeling rested after sleeping.

**d) Stomach upsets-** These range from indigestion, to ulcers, nausea, heartburn and stomach cramps and IBS.

**e) High Blood Pressure** – tight chest, shortness of breath, chest pains or palpitations in the heart.

**f) Obesity & Weight Gain-** This is caused due to comfort eating or over-eating, or alternately loss of appetite.

**g) Paranoia-** anxiety, depression nervous twitches, agitation, or shaking.

**h) Depression-** a Loss of sense of humor, experiencing excessive emotions or crying at minor irritations, deep sadness.

**i) Temperature Discomforts-** from excessive sweating to feeling cold and hot flushes.

**j) Infertility or Menstrual irregularity-** lack of libido listlessness and sexual frustrations.

**k) General Anxiety** – although anxiety can be a good thing in the flight response mode, feeling anxious all the time can have serious impact on your health.

Symptoms of stress vary from person to person also according to lifestyle factors. Chronic stress and anxiety needs urgent

attention because you are at danger from developing serious life threatening diseases if left untreated...



## Dealing With Your Stress and Anxiety

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There are many effective ways to deal with stress but you need first identify the causes before you can find out how to get relief.

Perhaps financial problems are causing you undue tension and stress, work pressures, problems with relationships, parenting, or performance related stress.

Some examples of different types of stress range from:

**Survival Stress** – This is a common response to danger. This is when you are afraid that you will be hurt in some physical manner so your 'fight or flight' response is triggered.

**Internal Stress** – This type of stress is about worrying over things you cannot control or when you put yourself into situations

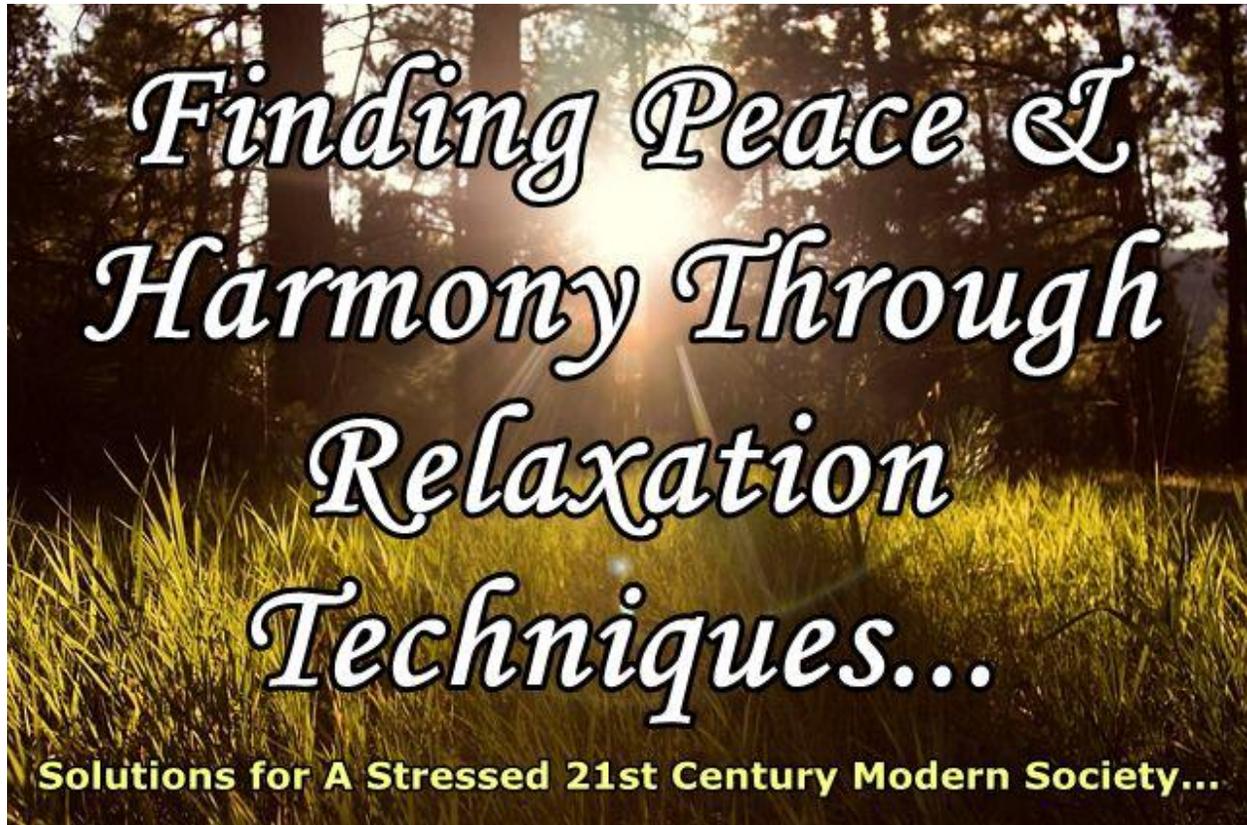
that will create mental stress (such as engaging in a hurried or tense lifestyle).

**Environmental Stress** – Is where you are stressed as a response to things around you, like noise, overcrowding, pressure from work or family.

**Fatigue and Overwork** – This type of stress comes from working too hard or working under deadlines, from dealing with impossible schedules, from poor time management or just from overlooking your need for rest and relaxation. This type of stress tends to build up over a long period of time and can take a severe physical toll on your body.

Once you determine what is causing you stress and which type of stress you are suffering from, you can begin to learn how to use techniques that will help you deal with your stress.

Overcoming stress and learning to deal with it will not happen overnight, but will come from using various stress relief and relaxation techniques strategies over a period of time.



## Benefits of Relaxation Music and Sound Therapy?

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There are many relaxation techniques you can use to help you control your stress and anxiety. Sound therapy is one of the most effective and easiest to use techniques.

It is defined as the [therapeutic use of sound and music](#) to reduce and help you manage anxiety and emotional stress. It can help you with the physical symptoms of stress (like lowering your blood pressure and heart rate, as well as promoting healing) along with your mental stress levels.

Sound therapy is said to reduce stress and the physiological effects it has on you by replenishing your brain energy with sound. When the required energy is delivered to the appropriate

center in your brain, sound therapy calms the brain and nervous centers so that neurons and brain chemicals are balanced and nerve impulses fire in a positive way.

**Sound therapy** includes a range of techniques in which sound is used to treat the physical and mental symptoms of stress. Music therapy is one component of sound therapy, but other sound treatments (which use sound wave vibrations to treat physical and mental conditions) can be used as well. The sounds resonant frequencies and vibrations which are used to balance your energy to create a more relaxed state.

Sound waves treatments are believed to restore your body's healthy balance. Sounds may come from a voice or an instrument (like **tuning forks**, **electronic equipment**, **chanting bowls**, or even from **nature**).

Sound therapy has long been a part of history. The sensation of sound has been part of man's most primal senses, alerting him to danger and allowing him to communicate.

Sound is an innate part of your being. Sound has affected you from birth and can affect both your physical and psychological state.

Pythagoras of Samos (600 BC) was the earliest recorded sound researcher. He is credited with some of the first experiments with sound using string vibrations and harmonics. It is even mentioned in the Bible that David played the harp to help ease his severe depression because of King Saul.

Other notable people involved with sound therapy include Kepler (who is accredited with describing the "Music of the Spheres"), Newland (with his "Law of Octaves-1865), and Chiandi and Hans

Jenny (who were involved with sound, harmonics and the effect of vibration on various objects).

World War II was attributed to more research in the sound therapy area which leads to our modern day researchers from musicians like Stephen Halper and Jonathan Goldman to Tomatis with his scientific endeavors.

Modern research into sound therapy has lead us to brainwave entrainment or **brainwave synchronization**. This is the practice that causes brainwave frequencies to co-ordinate with a periodic frequency stimulus that is intended to alter your brain-state (like inducing sleep, for example or helping to reduce your level of stress or anxiety). T his brainwave entrainment is typically done using specialized software.

## Who Can Use Sound Therapy for Stress Relief and Healing??

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The effects of sound are evident in our daily lives. The power of sound started gaining importance from the time humans started using and making sounds.

The early cave mothers discovered the cooling effect of singing to their off spring, which used to make them feel relaxed and put them to sleep. People are now researching better ways and therapies to apply this type of musical healing to various diseases.

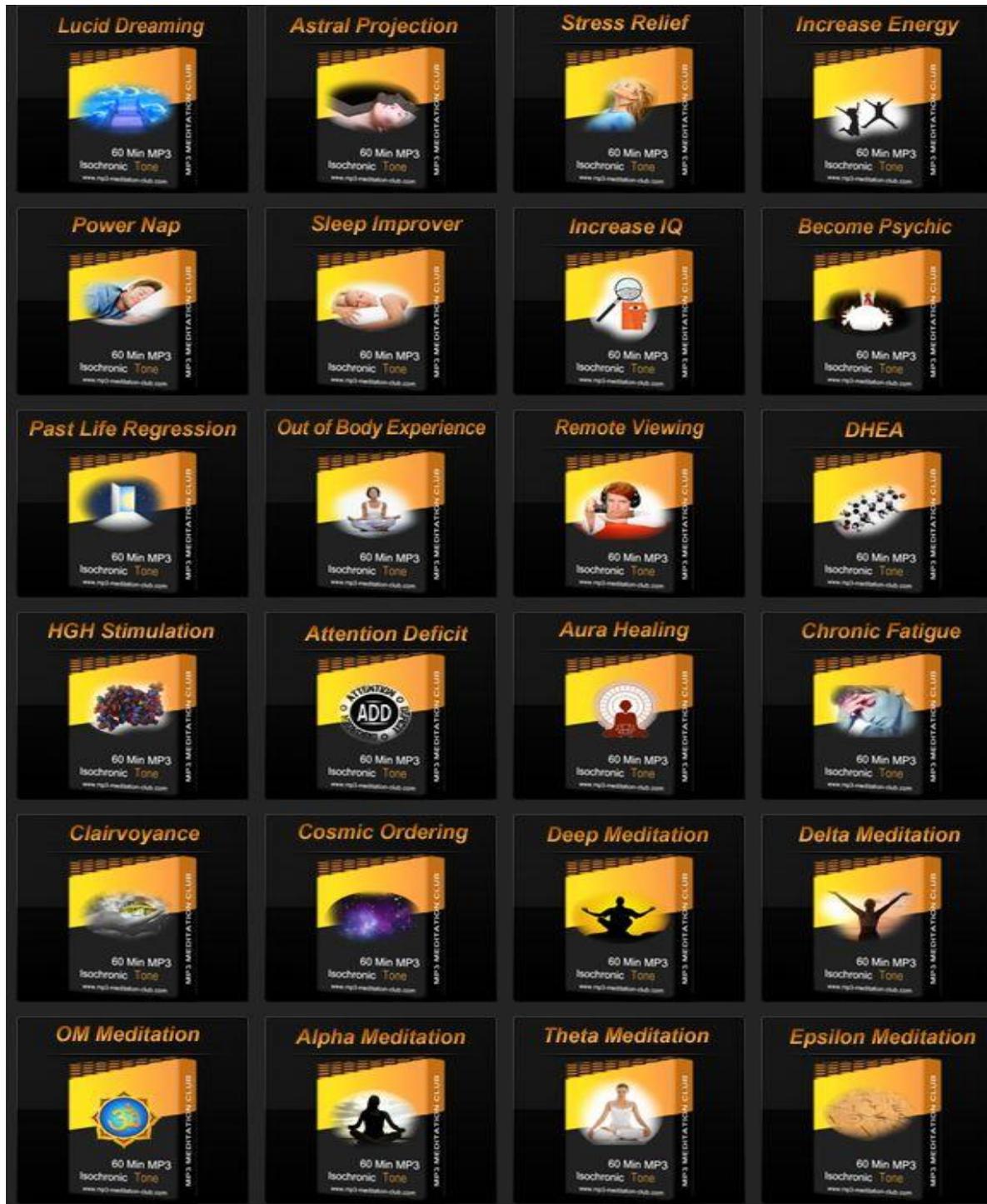
There are different sound therapies to suit a variety of requirements. Everything in this world is made up of frequency and researchers are studying how it affects the emotional, physical and well-being of an individual.

For instance, when we happen to listen to our favorite song it usually automatically gets our feet tapping. We naturally use music to cool our soul, soothe our nerves and even to put babies to sleep.

Sound therapy is becoming avidly recommended for the treatment of diverse problems irrespective of age. The lifestyle of many people across the world is increasingly becoming more hectic and as a result the environment that many people live in is slowly deteriorating.

Consequently, many people who suffer with stress related ailments such as depression, anxiety, insomnia and panic attacks are finding great relief using sound therapy techniques.

There are suitable sound therapies options for a variety of different needs, here are some examples below. **Click on the image to visit our Sound Therapy Club for more...**



# Why Should You Adopt Music And Sound Therapy To Create A Stress Free Lifestyle?

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Music therapy can become a vital part of our daily life to fight against difficult issues. Sound therapy strategies use computer technology to record the imbalances in the frequency of an individual.

This gives an insight into the physical and emotional shortcomings and then the course of treatment is planned. It is an absolutely natural and drug free method to reducing anxiety.

Many people from different walks of life are facing immense stress. Medically it has been proven that chronic stress can dramatically reduce the body's immune system. Below is a list of some types of stress related conditions and the application of sound therapy to deal with it.

1. **Parenting stress:** Parents undergo huge pressure in the upbringing of their children. It is a great challenge to help their children grow up in an ever challenging world.

2. **Student stress:** Students are always under extreme pressure to perform well in all aspects of life like school, college or university. They are expected to excel at everything and let nothing hinder their growth.

3. **Work stress:** This is a major factor influencing men and women alike in modern times. Whether a person is employed or manages home chores it can be very difficult to cope up with today's present fast pace of life.

Competition is becoming fiercer and as a result puts lot of strain on your mental health and wellness.

**4. Relationship Stress:** All kinds of relationships go through a certain level of anxiety. When problems creep into a bonding, your entire emotional support system is disturbed. This can lead to severe depression and health problems.

**3. Caregiver Stress:** Looking after elderly family members can put a lot of emotional and physical stresses on the body. If this is not managed correctly this can eventually lead to chronic stress and anxiety conditions long term, known as caregiver burnout.

Sound is known to be extremely helpful in almost all stress related issues. This therapy employs frequency in a rhythmic form to disentangle the stressed out nerves and brain, relaxing the mind-body as a whole. Mother Nature also produces vast natural and soothing sounds, which also can be utilized for anxiety relief.

In other cultures creating affirmations and listening to mantras has proven to be very relaxing as well as uplifting. Music coordinated rhythmically is known to appeal to our inner being so powerfully that it can result to heal our body.

Sound therapy techniques have become very popular and modern scientific research has shown that music has a massaging effect on our brain. It is also used as an anti-anxiety tool which makes it ideal for anxiety relief and relaxation.

Sound therapy is employed to regain vitality, to alleviate tiredness, to induce deep relaxation and stress relief to lower blood pressure and contributing towards easing related illnesses such as indigestion, hypertension, weight issues and hormonal imbalances.

Health conditions such as dyslexia, hyperactivity and behavioral problems in children can also be effectively treated by therapeutic sounds.

By incorporating sound therapy in your daily lives will help to give you peace and tranquility and help you maintain your calm in this extremely chaotic environment. This will help your creativity to escape to a different high and will help you enjoy peaceful moments with your inner self.

For more information on how to use sound therapy for your stress and anxiety relief visit our [\*\*Meditation and Sound Therapy Club here!\*\*](#)

### **\*Professional Help- When You Are Experiencing Chronic Stress and Anxiety issues.**

When it comes to dealing with your stress and anxiety, music therapy is a great tool to help you manage your stress relief. But it is always important to get medical advice, either from your doctor or psychologist as he or she will be able to provide useful information or solutions on the best ways to tackle your stress or anxiety related issues.

### **How Does Music And Sound Therapy Reduce Stress?**

Research has shown that sound can impact you in significant ways. Think about how you feel when you listen to your favorite song. Can a specific type of song make you happy or make you cry? To understand how sound affects your mind you have to look at brainwaves.

There are billions of cells in your brain (neurons) that communicate with each other by sending electrical signals. This electrical activity of your neurons firing simultaneously is known as brainwave patterns, which can be detected with the medical equipment called an Electroencephalograph (EEG).

Electrodes can be placed on your scalp to measure the electrical

activity and readings are taken to measure the varying frequencies.

The frequency of these brainwaves corresponds to various states of consciousness and each frequency range is associated with specific mental states. Your brain activity changes throughout the day and night according to your mental state.

For instance, when you are stressed you are in the beta range, or if you are sedate and meditating, you are in the **alpha** or **theta** range.

With all of the research, it has been proven that sound can alter your brainwave activity. The power of sound can be very useful in improving your mental condition, eliminating stress and optimizing cognitive function. It allows you to tap into a higher state of consciousness that can change the way you think and feel.

The power of sound is reflected in an area of science called **psychoacoustics**, which is the study of the perception of sound. Psychoacoustics studies the impact of sound in terms of music, sound, frequency and vibration, on how you listen, your psychological responses and the physiological impact of sound on the nervous system.

By studying psychoacoustics you can determine how sound affects you and how it can be used to help your stress levels. By using **applied psychoacoustic** techniques such as listening to different sounds (like music) you can change your brainwave activity to help you become stress free these different sound therapy options and techniques available in the [Music Therapy Club Online](#)

## Proven Facts About The Effectiveness of Sound Therapy.

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Although sound therapy is not really a secret, it is not given as much credit in helping reduce stress levels as it could. You have probably heard the expression "Music soothes the savage soul" well this also applies to sound therapy.

Sound therapy often referred to as music therapy, can play a major role in giving you various sound related strategies to help you reduce your stress levels. The techniques are fairly easy to use and master and most of them can be used almost anywhere.

When you are practicing your sound therapy techniques, you can do it in such a way that no-one else needs to know that you are actually using it to help you out in stressful situations.

Also music and sound therapy is a very personal strategy that can be molded to your personality. Sound has affected you from before you were born. Experts have suggested that the rhythm or beat of music has a calming effect, although you may not be conscious of it.

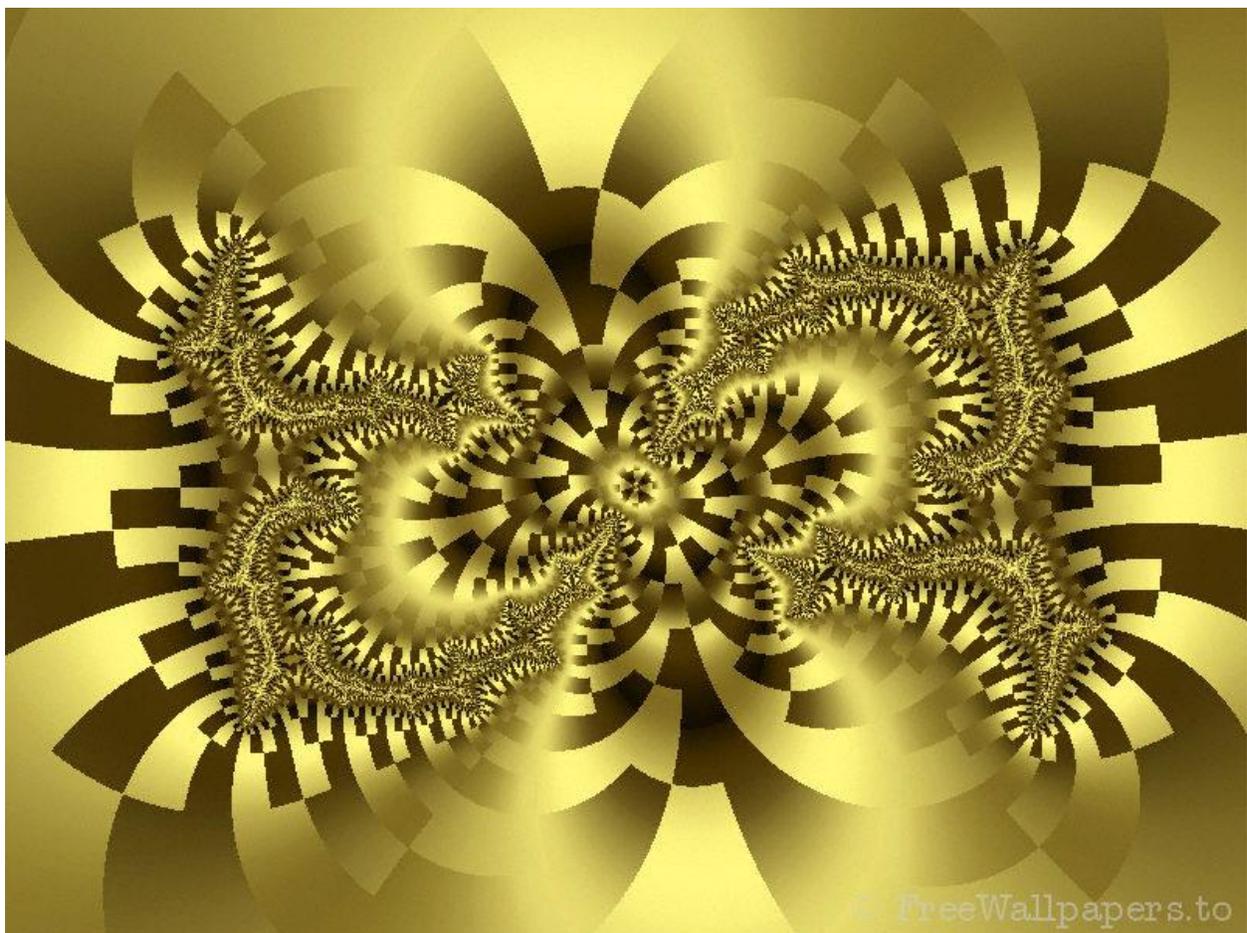
When you were in your mother's womb, you were probably influenced by her heart beat, which created a soothing sound which you may associate with later in life as being comfortable and protective.

As mentioned above, sound therapy and sound therapy research has been around for a long time. Research has proven that sound therapy is also a strategy that can work quickly to change your mental state. If you think about a song, for instance that you feel is your special song between you and for example your significant

other, do you not feel different when you hear it? Or think about the lullaby your mother used to sing to you as a child. When you hear it now, how does it make you feel all warm and cozy? That is how sound therapy works in relation to music. Music can affect your mind positively to change your mood and your mental state. In this way, by listening to music that puts you in a positive frame of mind and can help to reduce your stress levels. Simply said, sound therapy works! ... You should include this technique in your arsenal of stress relieving strategies

**[CLICK HERE TO VISIT THE MUSIC THERAPY CLUB ONLINE FOR SOOTHING STRESS RELIEF SOUNDS](#)**

***You can Achieve Ultimate Relaxation through Soothing Sounds...***



Sound therapy helps you relax and forget about all the things that may be causing your stress.

As mentioned, sound can actually alter the affects of the neuro-chemicals in your brain and help you achieve a more relaxed state.

Music often has the affect of calming you as well. Think of the many times when you were most relaxed. Soothing music was probably playing in the background. Have you ever played a music box for your children to help them relax into sleep? Have you relaxed in the arms of a loved one while soft music was playing in the background?

Have you watched a romantic movie where the music added to the atmosphere of the moment? These are all examples of how sound therapy can work to help you relax.

Simply by listening to specific music, you can achieve a relaxed state. The soothing sounds of certain songs or music can relax your mind and take you out of your stressful state of mind and relieve your anxieties.

If you feel stressed or anxious, try listening to music you know will soothe you. It takes your mind away from your problems and changes your brainwave activity to help you achieve a more relaxed state of mind.

Sound is literally the vibrations in the air that is picked up by your brain. Some vibrations can actually cause you to be more stressed. Think of the traffic noise outside your office widows. The vibration of the traffic sounds can almost '*irritate*' the brain into a stressed state. Many of the sounds you hear can be '*discharging*' sounds that drain your brain of its vital energy. Then think of the calming rhythmic beats of a slow song. Those soothing vibrations can work to make you less stressed.

These beneficial soothing vibrations can recharge the cortex of

your brain and distribute the latent energy throughout your nervous system, vitalizing, harmonizing and healing at every level, therefore causing you to reduce the stress you are feeling. So when you are less stressed, you become healthier in your mind and feel less of the stress-induced symptoms on your physical being.

### ***Unwind Your Mind with Calming Meditation Sounds.***

**Meditation** is a technique that helps your body to relax. You sit in a comfortable position and clear your mind of all stressful thought and focus on positive thought. Sound can be a helpful tool in getting you to your relaxation place.

By meditating and listening to music at the same time you enhance the experience. Your body becomes relaxed through your mind control meditation, and your mind is taken to its relaxation place through soothing music.

As well, the music helps to block out distracting noises that can block you from achieving a totally relaxed state. There is a relatively new alternative therapy which is called Bio-waves Sound Therapy. This new therapy researches low frequency sound and vibration and judges its effects on human health and wellness.

This new research into sound has shown incredible promise in helping to balance the body and to create a healing, stress reduced state in the mind.

**Bio-waves** are used as a healing energy medicine. Since everything in our universe is created through patterns of frequency, bio-waves (the vibrations and movements of electrons) have an effect on your body's healing, in a physical, mental, emotional and spiritual way.

The bio-waves alter the body's resonance to affect the healing

process.

### ***Binaural Beats and Isochronic Tones Can Help to Trigger Your Inner Calm!***

What are **binaural beats**? Binaural beats or tones are auditory processing sounds that are below the range of human hearing (low frequency pulsations) which are used as a brainwave entrainment technique. Heinrich Wilhelm Dove discovered the effect in 1839. The binaural beats affect the perception of the brain for specific physical stimuli.

The binaural beats, in effect, are used to train your brain to deal with your stress more effectively.

**Isochronic tones** are also used for brainwave entrainment. But new studies have shown that isochronic tones are even more effective than binaural beats. Binaural beats use sound through special speakers (or headphones) that deliver different phrase sounds for each ear.

The isochronic tones are created by evenly spaced burst of tones (or sounds) therefore the use of headphones is not required with this type of entrainment. As a result the brain does not have to work as hard to put the two tones together.

With isochronic tones, though, in order for it to work, both tones you are listening to must be of the same amplitude and of a suitable volume to enable you to hear a noticeable modulation in the tones.

Both methods of these sound therapies work faster with changing the brain wave activity to a more stress-free state than simple meditation, as brainwave entertainment techniques cause your brain to react to certain stimuli which helps to create a stress free state of mind.

### ***Music Therapy is The Ultimate Stress Reliever...***

If you ever require a **powerful stress reliever**, music therapy is a great strategy to use. When you are feeling stressed, to help calm yourself, simply sit back and listen to your favorite music. It can be something you like (even rock and roll or rap) that will take your mind away from the current situation that is causing you stress.

The beats of the music (which is typically rhythmic in most types of music) will help restore your body's balance and create a calming effect. Since there are many forms of music therapy, you can use these sound therapy techniques in various situations to help you instantly reduce your stress levels.

Whenever you are feeling stressed, you can use music to help you relax. You can hum or sing to yourself, listen to CD's or audios, you can use the lyrics of a song to enhance your positive outlook, or you can simply sing a song in your head that will help you calm yourself. Any of these music strategies can make you instantly more relaxed.

Relieve Your Stress and Anxiety Now with Sound Therapy a proven way to calm down and relieve stress and anxiety! There are many benefits to using sound therapy as a stress management technique.

First of all, many sound therapy techniques are easy to use, pleasant to listen to and are an effective treatment for conditions relating to stress, anxiety, high blood pressure and depression.

Sound therapy can be used almost anywhere to help control stress. You can listen to nature sounds mp3s audios in your car

you can listen to relaxing music before you go to sleep or you can practice other sound therapy techniques.

Sound therapy can be personalized for your individual needs and tastes. Not everyone has the same tastes in music so you can individualize your sound therapy to relate to what you like. By simply listening to music you like to calm you such as binaural beats (professionally created audios with beats that are embedded into music or other background sounds.

These will help achieve relaxation, meditation, stress reduction, improved sleep quality, as well as pain management and other brain activities) can be created by professionals to help you achieve your calm state.

Sound therapy produces results such as enabling you to calm down during stressful situations, as well as, giving you strategies to help you manage your stress in an ongoing day-to-day manner.

Another benefit to using sound therapy techniques is that they can produce results almost instantly. Just by sitting back and listening to music as a sound therapy technique can direct your mind away from the situation that is causing you stress.

It can block out a negative environment and help you achieve a more relaxed state in a very short period of time. Learn how to use music therapy strategies to release your tensions today with [\*\*Stress Relief Sounds from the Meditation Club Online\*\*](#)

Sound therapy can be used in conjunction with many of the other stress relief strategies to make them more effective to help you control your stress levels.

For instance, when you meditate, having soft music playing in the background can help you get into a deeper meditative state by blocking out distracting noises and helping you concentrate.

Or while exercising, you can listen to up-lifting music with Neuro-Linguistic Programming (NLP) which involves the combination of psychology and linguistics to model human behavior, through a cognitive approach.

In essence, NLP music audios to help encourage your positive thinking and teach you to expel negativity, thus leading to a more stress relieved state.

Other stress control techniques may be limited to specific times or places where you can practice them for example you may only be able to practice your relaxing exercising routine outside of your workplace. But sound therapy can be used almost anywhere at home, on your commute to work, in the midst of stressful situations, along with your own relaxation periods, during your exercise routines, in conjunction with your food preparation, and even while handling stressful situations with your family or kids.

Some other common Relaxation techniques can include:

1. **Meditation**
2. **Aromatherapy**
3. **Massage**
4. **Mindfulness Coaching**
5. **Progressive Muscle relaxation**
6. **Professional stress management tactics**
7. **Wellness nutrition and diet management**
8. **Spa Treatments**
9. **Exercising and Workouts.**

Although these techniques can be integrated into your overall stress relief management, it is still a good idea to include some sort of sound therapy as well. Sound therapy is an all-encompassing strategy that you can utilize almost anywhere and can be done at any time. It can also be personalized to suit your personality and needs.

There are a number of sound therapy techniques you can use within this category of stress relievers, that can be used alone or in conjunction with other stress management strategies.

## Conclusion:

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Mindfulness, meditation, and yoga, release you from an average life or wondering, of being angry and annoyed with decisions you have to make, and things you have to do because they all just become...

Understanding that you are a purpose in a huge universe leads you to true fulfillment.

**\*\*More options on sound therapy available in our club are shown below. Click the image to browse our special coupon offers and complete ranges!**



Thanks for reading....Peace and happiness become you ...just let it be so and it will...

## Useful Links

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[Learn How to Relax and De-Stress](#)

[Natural Health & Wellness](#)

[Work From Home](#)

[Relationships & Sexual Health](#)

[Online Shopping](#)

[Survival](#)