

## List of Tracks from Anne Riches' CD Set

<b>CD 1:</b>	<b>Total Duration: 57:55</b>	
<b>Track</b>	<b>Selection</b>	<b>Duration</b>
1	What's the CD About?	5:22
2	What is the Almond Effect?	15:15
3	Is it Possible to Change?	6:47
4	Become Aware	7:36
5	Breathing	3:13
6	Posture & Expression	4:02
7	Hands & Toes	2:44
8	The Eyes	2:41
9	Stress Aids	2:44
10	Keep Your Mouth Shut	2:45
11	Walk Away	4:40

<b>CD 2:</b>	<b>Total Duration: 53:27</b>	
<b>Track</b>	<b>Selection</b>	<b>Duration</b>
1	Recap From CD 1	4:02
2	Perspective	3:56
3	10 Questions	2:47
4	More Q's	1:54
5	The Big Q's	2:44
6	Phrases	1:20
7	More Phrases	1:33
8	Fun Phrases	1:36
9	What You Might Say	5:48
10	Home Movies	5:55
11	Hot Buttons	1:53
12	Physical Clues	0:32
13	General Stresses	1:03
14	Lead Up	0:59
15	What are You Going to do?	1:07
16	Stretch Your Comfort Zone	4:01
17	WYSIWYG	1:45
18	Write it Down	1:51
19	Final Message	8:31