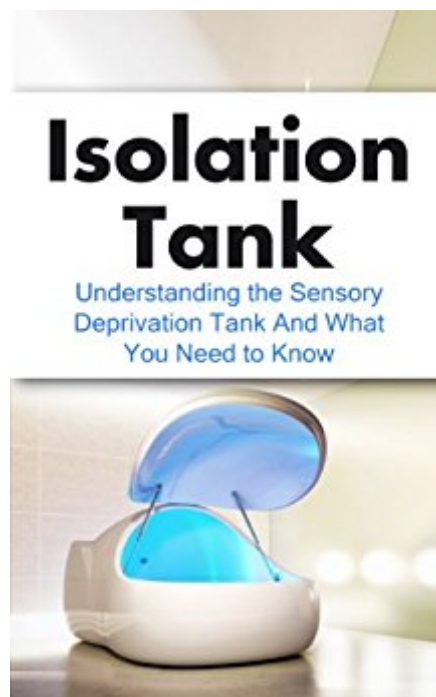


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# Isolation Tank: Understanding The Sensory Deprivation Tank And What You Need To Know (Flotation Tank, Meditation, Float Tank, Relaxation, Think Tank, Reduce Stress)



## Synopsis

Discover What You Need to Know About Isolation Tanks! Read on your PC, Mac, smart phone, tablet or Kindle device! You're about to discover the crucial information about isolation tanks. Thousands of people have already experienced the amazing benefits that isolation tanks have to offer. It can be overwhelming if you are looking into trying your first sensory deprivation experience and haven't been able to find quality information on the topic. You need to understand the risks and benefits of using one before jumping right into it. This book goes into the origin and history of isolation tanks, the different types of tanks out there, as well as the positive and negative effects. By investing in this book, you can get a grasp of what the life-changing experience of an isolation tank can bring to you. There is not much information on the internet about sensory deprivation and of the available information, most fails to provide any in-depth research. Here Is A Preview Of What You'll Learn... Understanding Isolation Tanks The Different Types of Isolation Tanks The Negative And Positive Effects of Using The Tank Other Critical Information Take action right away to invest in your own future by downloading this book, "Isolation Tank: Understanding the Sensory Deprivation Tank and What You Need to Know", for a limited time discount! Download today!

## Book Information

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## Customer Reviews

On recent jaunt through Portland I saw a flyer for the usage of isolation tanks. Due to the minimal marketing info on their paper, my curiosity was piqued. I searched for and purchased this guide in order to learn more about the subject and make an educated decision on their possible use. This book is dense with illuminating information that discusses the advent of the isolation tank, its history, its uses, and even the known caveats. I really enjoyed how this book expounds valuable positive truths about the material and steers me toward a greater understanding of its use. As a business manager, my stress levels can be quite overwhelming, so the benefits of the isolation tank, in my observations after reading this material, could be quite beneficial for me. I say this especially because I don't want to rely on any chemicals or medication. Given that I don't, my options are limited so the utilization of the isolation tank could be exactly what I've needed. From the evolution of the tank and controversies, to application and the latest news, there is nothing of note that was left out of this guide. It has given me the insight necessary to make the decision to try the isolation tank; something that I'm now looking forward to doing. If anyone else is looking for a stellar book on the details, history, and use of this unique device, you'll definitely want to pick this one up.

Understanding isolation tanks and the theories behind sensory deprivation is not an easy task for the uninitiated person. There are a lot of myths surrounding the use of these tanks, especially when it comes to urban legends surrounding military brainwashing. Then there was the amazingly good, but highly inaccurate movie *Altered States* which was about a man who reaches a level 7 experience inside of a flotation tank. Julian Hulse has done a wonderful job of putting these myths to rest and provides an impartial examination of both the positive and negative effects of using an isolation tank. This is not a book written for the sole purpose of hyping the use of isolation tanks, it is an excellent resource that you should use to make up your mind if this type of relaxation technique is for you.

So glad I stumbled across this book. I feel like mommy brain has just been overwhelming lately and have researched ways to calm the crazy. Isolation was one of the ideas that popped up and with it - this book, Great authority on the matter with good information and sources. Love sources - I like to know where my info comes from. I want an isolation pod now. Hoping to practice and get familiar

with some of the techniques described as I can and family responsibilities allow. Great read and highly recommend for moms with small kids!

What a great resource on isolation tanks. I have been wondering for so long what do they actually do. This book is an amazing guide with everything you need to know about the theories behind sensory deprivation, the positive and negative effects, the therapeutic benefits, its history and the awesome potential you can achieve with one. I found this book to be incredibly insightful and straight to the point. I am ready to step inside a sensory deprivation tank and at last set my mind free. I highly recommend this book to all.

Before reading this book isolation tanks were for me just an experiment I once heard about. I found the topic highly interesting and enjoyed reading about it in such a crisp and to the point book that shares sufficient details about isolation tanks that provides to anyone thinking about such an experience a complete overview of existent methods, recommendations and as well the controversies of isolation tanks. An interesting read, a book from which I have learned a lot about the methods and its benefits and downsides.

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