



Become More Relaxed In A Day For Dummies

Shamash Alidina

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Discover how relaxation can help you reduce stress and calm your mind

Become More Relaxed In a Day introduces you to a range of relaxation techniques and exercises that can help you to keep your life in balance, and stop stress from taking over. Designed to contain a day's reading, this handy guide helps you to discover the benefits of relaxation for your mind, body and spirit.

Open the book and find:

- How to make relaxation a part of your daily routine
- Top tips for using exercise to help you relax
- Advice on using massage and self-massage to help you relax
- Ways to ensure you have time and space to relax at home
- Guidance on maintaining your work-life balance

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