

# Perfect Relaxation - Elaine Van Der Zeil

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Perfect Relaxation is an invaluable guide for anyone who wants to learn how to remain calm and powerful in challenging situations. Covering everything from how to stop obsessing to how to start thinking positively, it gives step-by-step guidance on beating stress and shows you how to make relaxation a part of your everyday life. With helpful suggestions for instant calming techniques and daily exercises to help combat tension, Perfect Relaxation has everything you need to bring your stress levels under control. The Perfect series is a range of practical guides that give clear and straightforward advice on everything from getting your first job to choosing your baby's name. Written by experienced authors offering tried-and-tested tips, each book contains all you need to get it right first time. Author: Zeil, Elaine Van Der Publisher: Cornerstone Digital Illustration: N Language: ENG Title: Perfect Relaxation Pages: 00128 (Encrypted EPUB) On Sale: 2010-12-15 SKU-13/ISBN: 9781847945570 Category: Self-Help : Personal Growth - Memory Improvement Category: Self-Help : Stress Management

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