



Relax in a Minute (Paperback)

By Tony Wrighton

Ebury Publishing, United Kingdom, 2011. Paperback. Condition: New. Language: English . Brand New Book. Do you feel stressed out? Want to relax quickly and let go of unhelpful tension in your life? These super-quick, easy and effective strategies based on the principles of NLP (Neuro-Linguistic Programming) will help you chill out and feel better in minutes, whether you re stressed about work, having trouble unwinding on holiday or simply want to enjoy your life more. You will discover how to: *Make instant changes to reduce feelings of stress and fear *Schedule time to worry as well as time to switch off so you can relax and let go *Gain perspective on stressful situations *Make changes to the way you deal with long-term stress, and much more. From simple physical exercises to easy-to-do mental strategies, Tony Wrighton s techniques will help you deal with specific issues in every area of your life, and will allow you to relax and feel great.



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Reviews

This book might be worthy of a go through, and a lot better than other. it had been writtern really properly and helpful. You may like just how the author write this publication.

-- **Prof. Mattie Beatty**

Very useful to all group of folks. This really is for all who statte there was not a worthy of reading. I am very happy to explain how this is the best pdf i have study inside my personal life and can be he greatest book for actually.

-- **Marcelle Homenick**