

There's no magic formula for dealing with stress, but employing coping techniques that provide a release and minimize the overall impact the stressor has on your body is a vital step for your health and wellbeing. This book aims to provide you with bodywork, breathing and relaxation techniques and tools to be used Anytime, Anywhere that can Quickly and Easily change your physiology from a state of stress to ease. The chapters of this book are organized into bodywork techniques for particular times of the day, for particular situations and for various environments. Each technique is designed to be simple and quick-enough to use whenever you feel under pressure, including: / Anytime / - wake up - morning - lunch time - afternoon - evening - bedtime / Anywhere / - in your living room - in your bedroom - in your bathroom - in a hotel - at your desk - before a meeting or event - at your computer - in the park - on transport - travelling - at work / Physiological / - neck loosener - headache releaser - jaw releaser - shoulder easer - back mobilizer - lower back opener - immunity booster - body balancer - mind de-stressor / Psychological / - past remembering's - future projection - present moment - stuck in a rut - belief inquiry - general frustration - relationship stress - work stress - health and wellness stress Begin your own De-Stress journey today and bring ease into your whole life within weeks!

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