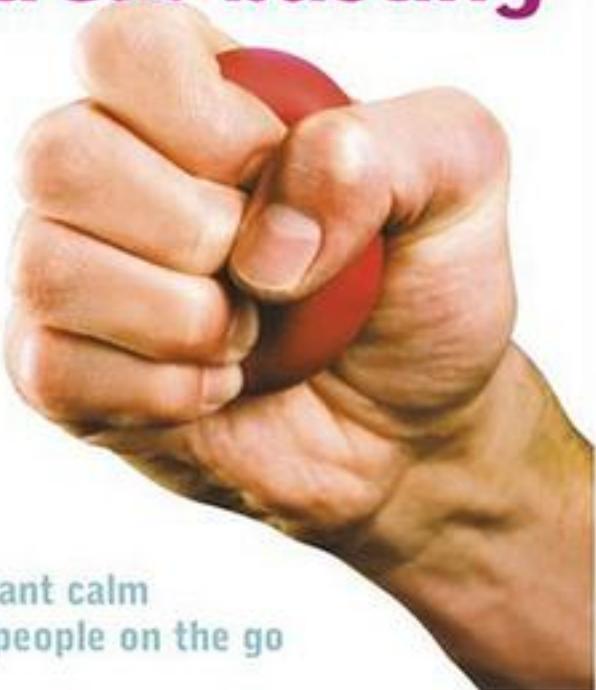


Collins Gem 5-Minute Stress-Busting

Collins gem

5-minute Stress-busting



Instant calm
for people on the go

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Modern life is full of stresses and strains and makes ever greater demands on our

physical and mental well-being. More than ever, we need quick and effective solutions to make us feel instantly calmer. These 5-minute tips will help you to relax, calm down, and put your problems into perspective. Details are included on how to assess your basic level of stress, learning to relax and practice positive visualization, and how to address underlying problems head on. Specific stress reducers covered include breathing techniques, releasing postural tension, massage and stretches, better nutrition, and sleeping better. Helpful quizzes, tests, and questionnaires are combined with more than 50 essential tips to help turn your busy, stressful life around in 5 minutes flat.

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