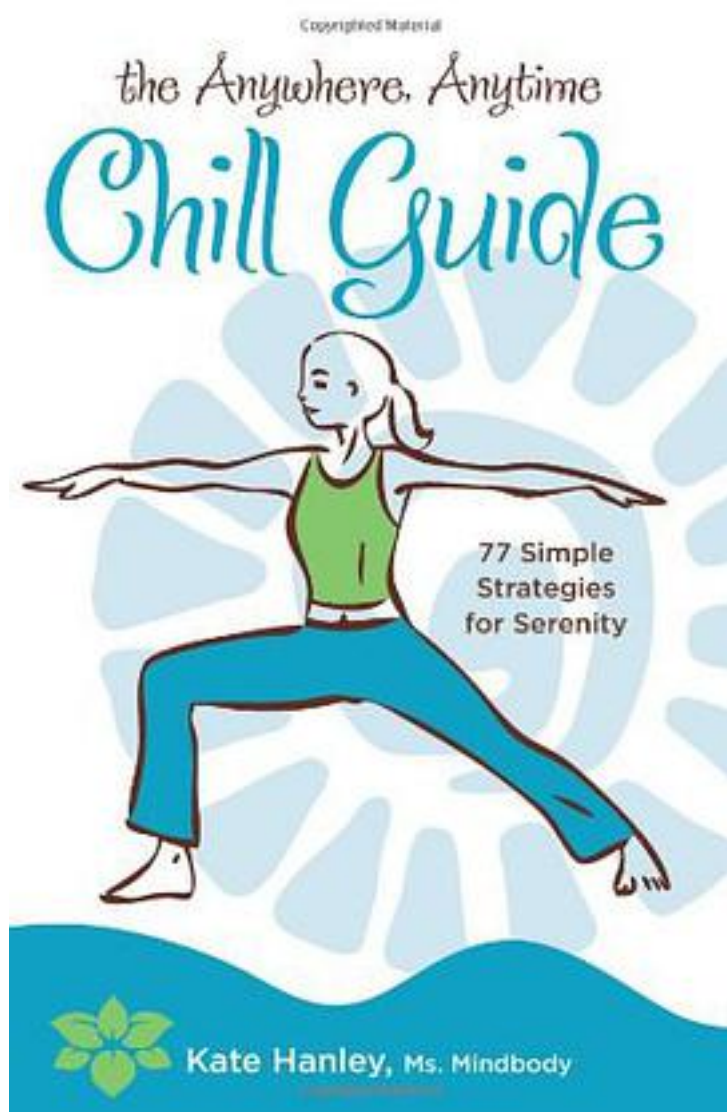


The Anywhere, Anytime Chill Guide



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Your office phone is ringing, an annoying e-mail has just appeared in your inbox, and you have a presentation in 10 minutes--your stomach is doing somersaults. What to do? More coffee? A donut? What if you could do a simple stretch to clear your head, relax your muscles, and energize your body? Enter "The Anywhere, Anytime Chill Guide," a practical and humorous one-stop shop for taking charge of your well-being when you need it most. Kate Hanley, aka Ms. Mindbody, gives step-by-step instructions on how to relieve specific stressful situations--whether at work, on public transport, or in social situations. Drawing on yoga, meditation, nutrition, mindfulness, and breathing techniques, each remedy is accessible to a wide range of ages and fitness levels. This book will help anyone--anywhere, anytime--to speak their body's own language and, simply, to feel better.

作者介绍:

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