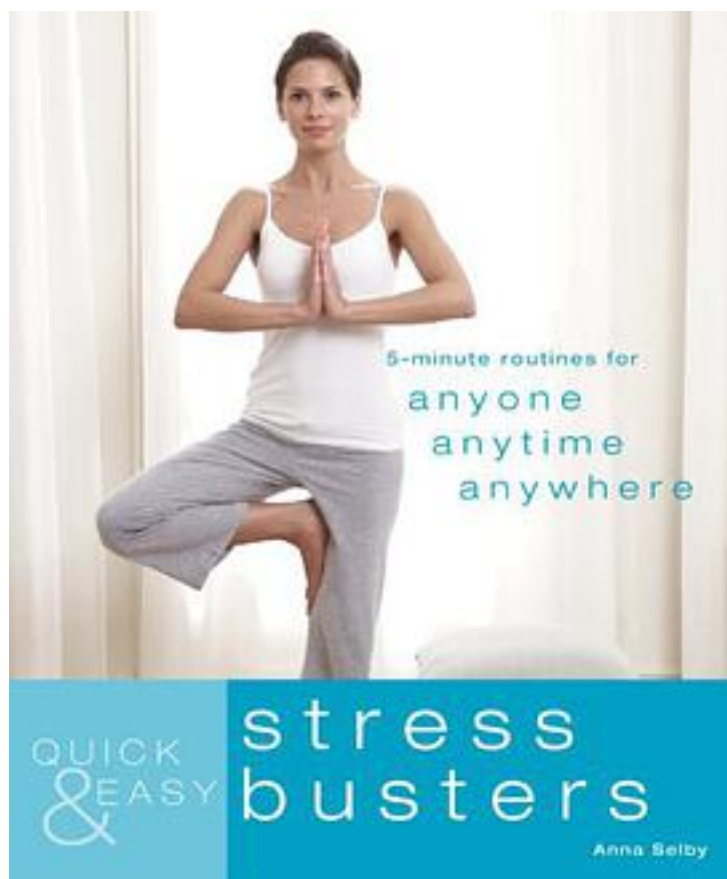


# Quick & Easy Stress Busters



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Stress is a double whammy: it's caused by the super-busy lives we lead, and our super-busy lives leave us little time to seek relief. In "Quick and Easy Stress Busters," acclaimed author Anna Selby brings you fast and effective routines to help relieve that stress anytime, anywhere. Start the morning off right with a deep meditation, free your energy with a Pilates stretch, unwind with an evening chi gung soother, or dispel your

tensions with a weekend massage. You'll find routines from Reiki, reflexology, yoga, and more to target specific areas of your body or lift your mood, as well as techniques to practice with a partner. ""

作者介绍:

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