

This volume suggests there are six approaches to relaxation: the physical, the mental, the emotional, the practical and the environmental, outside help and the spiritual or inspirational approach. The methods are all simple to perform, many are pleasurable, and all are applicable in everyday life. The methods should lead to a healthy body and relaxed state of mind. The value of a sensible diet, time management, allowing time and space for feelings and how to feel at ease in ones environment, are all explained. Alternative treatments are also recommended, such as Bach flower remedies, and various meditation techniques are also covered. Cathy Hopkins is the author of 69 Things To Do When Youre Not Doing It, The Joy of Aromatherapy, Blooming Pregnant and Divorce for Beginners.

Space Vengeance (Scrapyard Ship series Book 3), Honky Tonk Christmas, Perspectives on Our Age: Jacques Ellul Speaks on His Life and Work, Memorial Of The Society Of Friends: In Pennsylvania, New Jersey And Delaware On The African Slave Trade (1840), Christmas Coloring Books, Christmas Is Cancelled,

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