



## 5-minute Stress-busting

By Vicky Hales-Dutton

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, 5-minute Stress-busting, Vicky Hales-Dutton, Fast, practical fixes to help you relax, unwind and bring you instant calm. Modern life is full of stresses and strains and makes ever greater demands on our physical and mental well-being. So 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: \* helps you to assess your basic level of stress \* learning to relax and positive visualisation \* how to address the underlying problems head on \* breathing techniques \* releasing postural tension \* massage and stretches \* better nutrition \* 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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