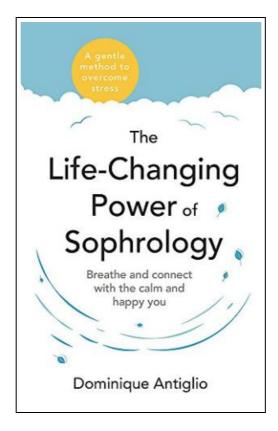
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HODDER & STOUGHTON, United Kingdom, 2019. Paperback. Condition: New. Language: English. Brand new Book. A practical sophrology guide to reducing stress and living up to your full potential. 'I like Antiglio. She is calming.' - The Times Sophrology is a unique stress management and personal development technique to help you relax, feel confident and cope with life's ups and downs. It is a straightforward method combining relaxation, breathing, body awareness and visualisation into a step by step practice and it has the power to radically transform your life. Sophrology is already extremely popular on the continent. Elite athletes, CEOs and pop stars, among others, have used the techniques to dramatically improve their professional performance and reach a state of balance. It is also used in schools, as well as in the workplace, to enhance wellbeing. Dominique Antiglio, a globally sought-after and highly praised sophrologist, guides you through the key exercises to manage stress, improve your sleep, prepare for events, boost your confidence and positively transform your daily life. By learning the basics of sophrology, you will feel happier and discover inner strength and resilience you never knew you had. Featuring practical tips, case studies and 13 audio downloads, this leading book on sophrology is a must-have self-help resource. 'The simplest, most natural way of calming and focusing our lives lies in front of our noses, breathing. This book will transform all our lives if we follow its helpful suggestions.' - Sir Anthony Seldon'Sophrology looks set to be the . answer to all our problems' - The Guardian'Sophrology is big news in the wellness world.' - ELLE'You've heard of mindfulness, now meet its dynamic young cousin sophrology' - The Observer.

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