



You Can Relax and Overcome Stress: Change Your Thinking, Change Your Life

By Mike George

Watkins Media. Paperback. Book Condition: new. BRAND NEW, You Can Relax and Overcome Stress: Change Your Thinking, Change Your Life, Mike George, Are you able to relax and unwind? Are you searching for a way to feel balanced and in control of your life? With 25 simple mental and physical exercises, this book will show you how to understand and control your personal stress triggers by using simple techniques such as breathing, visualisation, meditation, sleep enrichment and physical exercise to help you relax and unwind. Mike George presents a wealth of ways to put our problems into perspective, to help us gain control over our inner and outer lives and turn negatives to positives. Mixing both expert practical advice and philosophical reflection, this is a book that can be dipped into or read time and time again.



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