

# Little relaxation--

Hartley & Marks Publishers - 40 Ways to Relax: Beat Stress in as Little as Five Minutes



Description: -

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Notes: Cover has subtitle: On being more alive & at ease.

This edition was published in 1990



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Autogenic means something that comes from within you. Biological activities and safety of citrus spp.

## 40 Ways to Relax: Beat Stress in as Little as Five Minutes

All of these little details can really help to add to your own little oasis. Through this technique, you can connect your conscious mind to your unconscious mind and help direct your body and brain towards a desired goal response.

**Quote by Leonardo da Vinci: "Every now and then go away, have a little relax..."**

Laugh Cue up some YouTube videos. In this relaxation technique, you use both visual imagery and body awareness to reduce stress.

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Give yourself a squeeze You know how your cat will go all rigid for a second, tensing all those kitty muscles and then relaxing them? D - The Sleep Doctor is a Diplomate of the American Board of Sleep Medicine and a Fellow of The American Academy of Sleep Medicine and one of only 168 psychologists to pass the Sleep Medical Specialty Board without going to medical school.

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## Related Books

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