



## Quick and Easy Stress Busters: 5-Minute Exercises for Anyone, Anytime, Anywhere

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By Anna Selby

Watkins Media. Paperback. Book Condition: new. BRAND NEW, Quick and Easy Stress Busters: 5-Minute Exercises for Anyone, Anytime, Anywhere, Anna Selby, 'Drawing on a variety of different practices - including yoga, meditation, reflexology, massage, pilates and shiatsu - Anna Selby shows you how to unwind your body, free your mind and inspire your soul. Featuring exercises you can practice anytime, anywhere, targeted postures to stress-bust your whole body, mood enhancers and techniques you can do with a partner, each routine is explained with clear, easy-to-follow instructions and accompanied with stunning photography. This fabulous little pocket book is guaranteed to banish the build-up of everyday stress and tension - fast'.

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