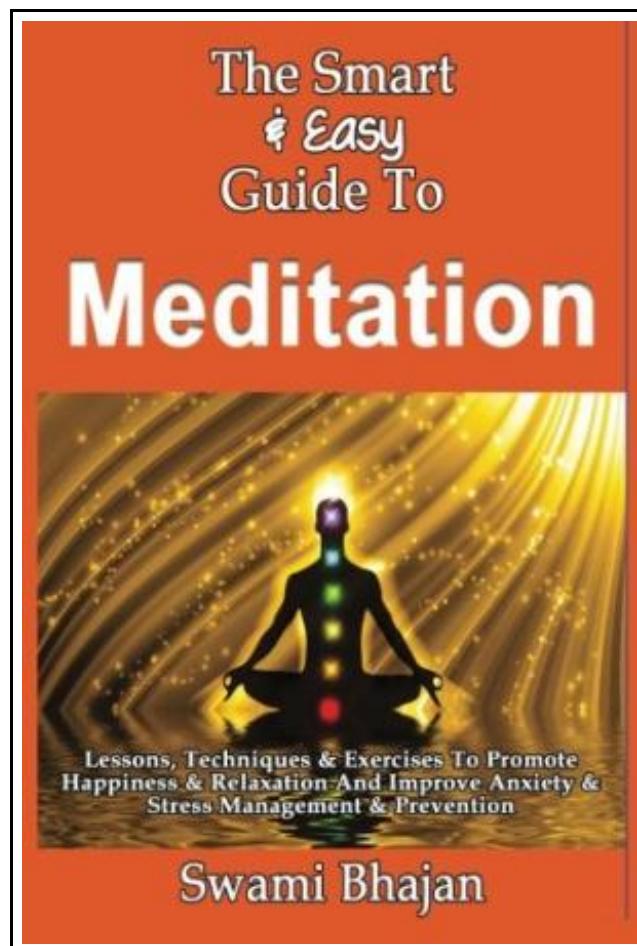


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Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Stress and anxiety, happiness and health go hand in hand. When we carry stress and anxiety, we're also much more likely to get and stay sick. Stress and anxiety related conditions like high blood pressure and migraines are more than just a pain; they can seriously reduce your quality of life and your overall happiness. The pressure of being sick can add to the stress and anxiety that's already overwhelming you, especially if you have to miss work. Before long, you're stressing out about the stress and anxiety that's making you sick in the first place, your happiness is down and your health is not improving. That's why the first words out of the doctor's mouth are often try to relax. Historically, this has meant taking a vacation. But these days, the next thing the doctor says may be new to you: try meditation. It has been shown to be one of the most effective anxiety and stress management and prevention techniques. Meditation is the art of relaxing. Easy to learn and effective even in small doses, meditation has become one of the most popular forms of on-the-spot anxiety and stress management and prevention in the world. Best of all, it requires nothing but five minutes of your time. People meditate on the bus, in the cubicle, and before falling asleep at night. In fact, it's possible to meditate pretty much anywhere. Meditation is the perfect mental mini-vacation, available whenever you are. The rewards of meditation include better energy levels, increased alertness, and - most importantly - effective anxiety and stress management and prevention. You'll enjoy a better quality of life and your doctor...

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