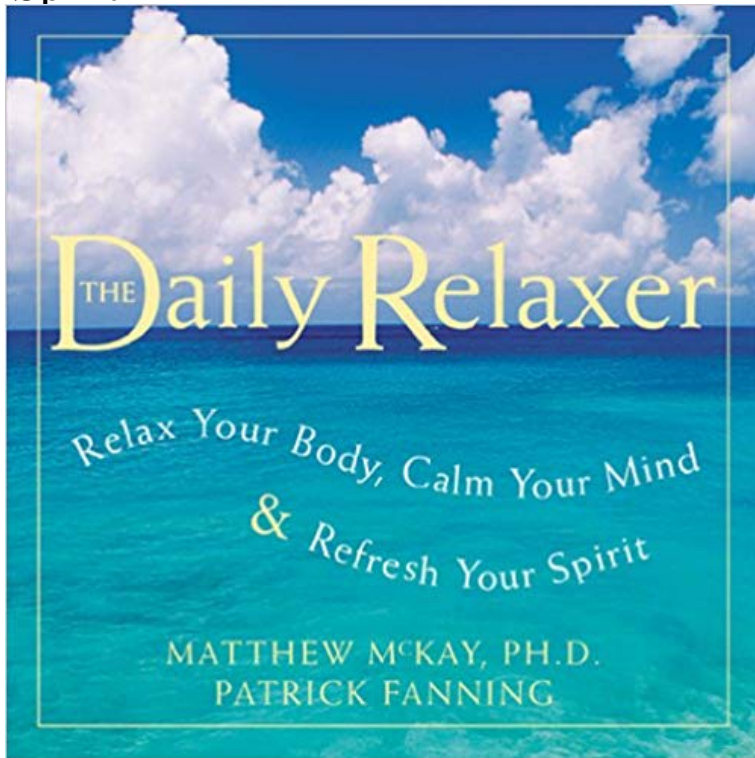


Daily Relaxer: Relax Your Body, Calm Your Mind, and Refresh Your Spirit



Find Your Calm Spot Just about every day brings some kind of stress into your life-but it also offers a new opportunity to treat yourself to the benefits of a calm mind, relaxed body, and refreshed spirit. The Daily Relaxer offers simple, daily practices that can really change your life-the most effective techniques distilled from the best-selling Relaxation and Stress Reduction Workbook, the stress-management classic recommended by therapists worldwide. Whether its deep breathing, progressive relaxation, or mindfulness meditation, you can learn each of these tension-relieving activities in just five minutes and start practicing them right away with amazing results. Millions of people have used these techniques to relax and tame stress-you can, too! No matter how overwhelming your day is, these simple exercises will help you calm down and enjoy the wonderful gifts that each new day has to offer.

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