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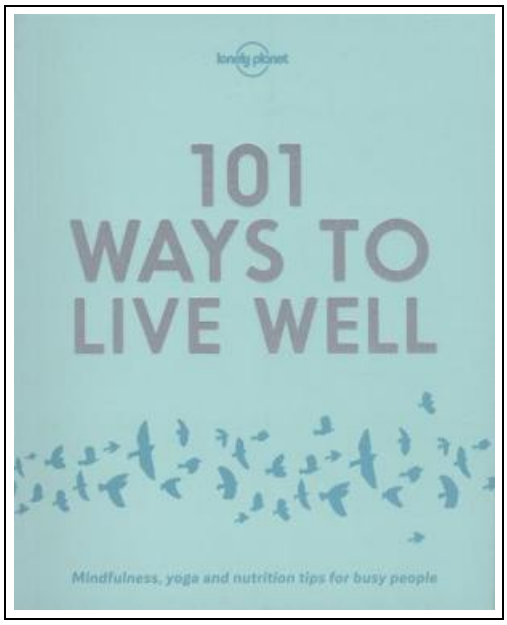

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Reviews

It is simple in study easier to fully grasp. It is definitely basic but unexpected situations within the fifty percent in the ebook. I am delighted to let you know that this is actually the finest publication i have got read inside my own life and could be he very best ebook for actually. ***(Destiny Walsh)***

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Lonely Planet Global Limited, Ireland, 2016. Paperback. Condition: New. 1st ed.. Language: English . Brand New Book. Feel like life s too busy to find your zen? Think again. Be a calmer, more productive, healthier you, without sacrificing precious hours. Discover the secret wellness hacks you can incorporate into your routine - whether it s a 5-minute focus exercise on your commute, 10 minutes meditation at lunchtime, or balanced nutrition ideas for your next trip abroad. The mindfulness, meditation, nutrition, yoga and stretching ideas in 101 Ways to Live Well all focus on providing easy, quick, tangible solutions to the stresses and strains of everyday life. That means ditching the generic, one-size-fits-all approach and embracing the targeted, let s-get-this-sorted attitude, with tips from experts in their fields including: Mindfulness exercises to help you sleep A mid-morning snack that will crush your cravings Yoga twists that will stimulate your digestion Why and how to reconnect with friends you ve lost touch with This holistic approach promises to help you create space in your life, declutter your brain and become unflappable in the face of whatever life throws your way. And with gorgeous original illustrations, this is a beautiful compact package - the perfect gift book for the busy person in your life. Chapters cover all aspects of modern life: Home Work Play Relationships Travel These bite-sized wellness tips are designed to inject a little daily zen into an on-the-go lifestyle and help readers to live life to the full - whether they re on the road or at home. About Lonely Planet: Started in 1973, Lonely Planet has become the world s leading travel guide publisher with guidebooks to every destination on the planet, gift and lifestyle books and stationery, as well as an award-winning website, magazines, a suite of mobile...

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