



101 Ways to Live Well (Paperback)

By Lonely Planet

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 - ...



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