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

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'.

Reviews

I actually started looking over this publication. It really is rally interesting throgh studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dana Hintz

Good electronic book and valuable one. It really is basic but unexpected situations in the 50 percent in the pdf. You wont really feel monotony at at any moment of your time (that's what catalogues are for concerning when you ask me).

-- Elisa Reinger