



## The Total Destress Plan (Paperback)

By Beth McEoin

Carlton Books Ltd, United Kingdom, 2013. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Written by an expert in health, nutrition and homeopathy, this book includes plans for exercises, meditation and relaxation techniques, dietary advice and alternative health remedies to help you handle every aspect of stress. The Total De-Stress Plan provides you with all the tools you need to master your personal stress. The plan has five major sections, which, depending on your level of stress and its probable cause, allow you to focus on whatever aspect you feel will benefit you most. Calm explores basic mental and emotional techniques to take control and defuse stress from within. Nourish deals with the known links between stress and diet. Replenish looks at exercise techniques that are known to calm both the mind and emotions. Pamper describes techniques that can help to provide a stress-free comfort zone, and Rebalance focuses on effective alternative and complementary medicines.



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