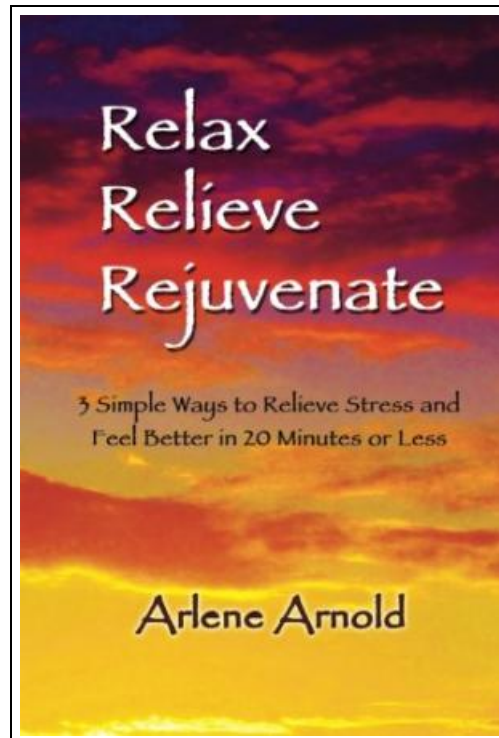


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Reviews

A high quality pdf as well as the typeface applied was exciting to see. It really is written in simple words and phrases rather than difficult to understand. You will not really feel monotony at any time of your time (that's what catalogs are for relating to in the event you question me).

(Robyn Nolan)

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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 36 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Are you fed up with being tired and stressed? You're not alone. It's hard earning a living caring for children, volunteering, caring for elderly parents, finding time for everything that needs your attention! You know you need to relax, but you just can't find the time. You know this stress is affecting your health, relationships, and how you feel about your life, but it doesn't have to be that way! That's why I developed the Relax, Relieve, Rejuvenate. In 20 minutes or less you can start your day energized and calm, all at the same time! You no longer have to drag yourself into the day, tired before it even starts. I'm going to show you a proven technique that really works. But first, let me tell you how I came up with this amazing way to de-stress. I'm a type A personality so I've always been a mover. Trouble was that I would be like a whirlwind for awhile and then I would crash. I'd be so tired I'd have to rest for days before starting the habit all over again. Then, I discovered the amazing way breathing color could help me stay balanced and in the flow. That happened in 1995. Since then, I have used this simple method almost every day and have taught it to 100s of others. But there's more to the story. Last Year I went to a physical therapist for a back problem that sent pain down into my left leg and knee. I found that the stretching exercises really helped. It occurred to me that combining the breathing of color and the stretching could get my energy moving in a relaxed way,...



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