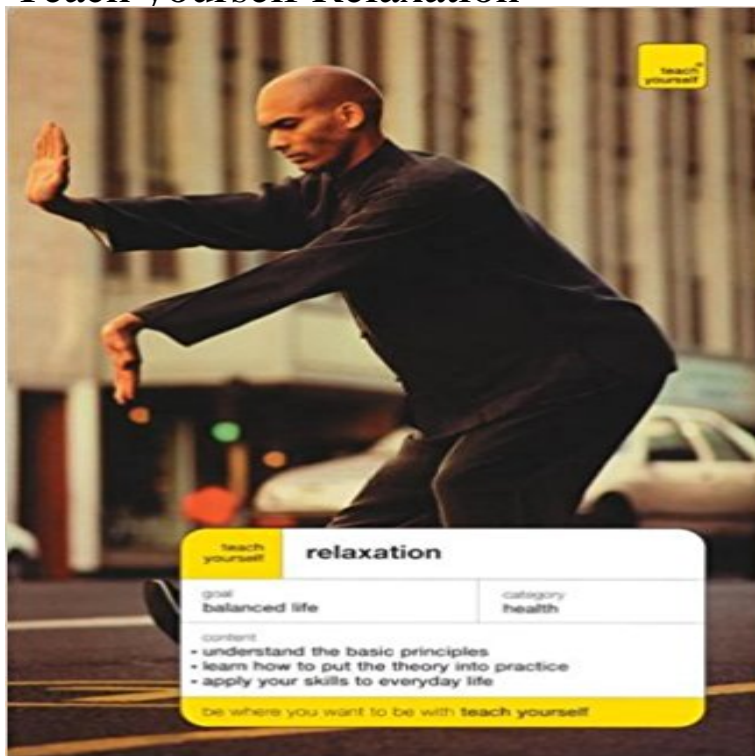


Teach yourself Relaxation



Guidance to help you find the path to a calmer, healthier life. People tell us to relax when we're stressed out. But that's easier said than done. Teach Yourself Relaxation puts you on the path to better health by helping you relax mentally and physically. Lucidly explaining tried-and-true techniques of meditation, self-hypnosis, and posture techniques, this accessible instructional guide teaches readers safe, simple, and practical exercises designed to improve your quality of life.

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