



## How to Relax Enhancing your Mental and Physical Health through the Art of Inner Self-Regulation

By Patrick Davis

iUniverse. Paperback. Condition: New. 128 pages. Dimensions: 8.8in. x 5.9in. x 0.4in. How to Relax is a concise yet comprehensive presentation of the fundamental principles and basic techniques of effective relaxation training. It is for anyone who wishes to learn to more effectively manage stress or stress related physical, emotional, or behavioral problems. The format is short enough that anyone can read the entire book and get started learning the skill of relaxation right away. There is no unnecessary history, theory, or fluff to slow the learning process. Dr. Daviss style of writing is readable, clear, and friendly. As one moves through the book it is clear that Dr. Daviss intent is to help the reader learn to master the skill of relaxation as quickly and effectively as possible. If you have been contemplating the value of learning effective relaxation skills and are ready to jump in with both feet and get right to work, this is the book for you. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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