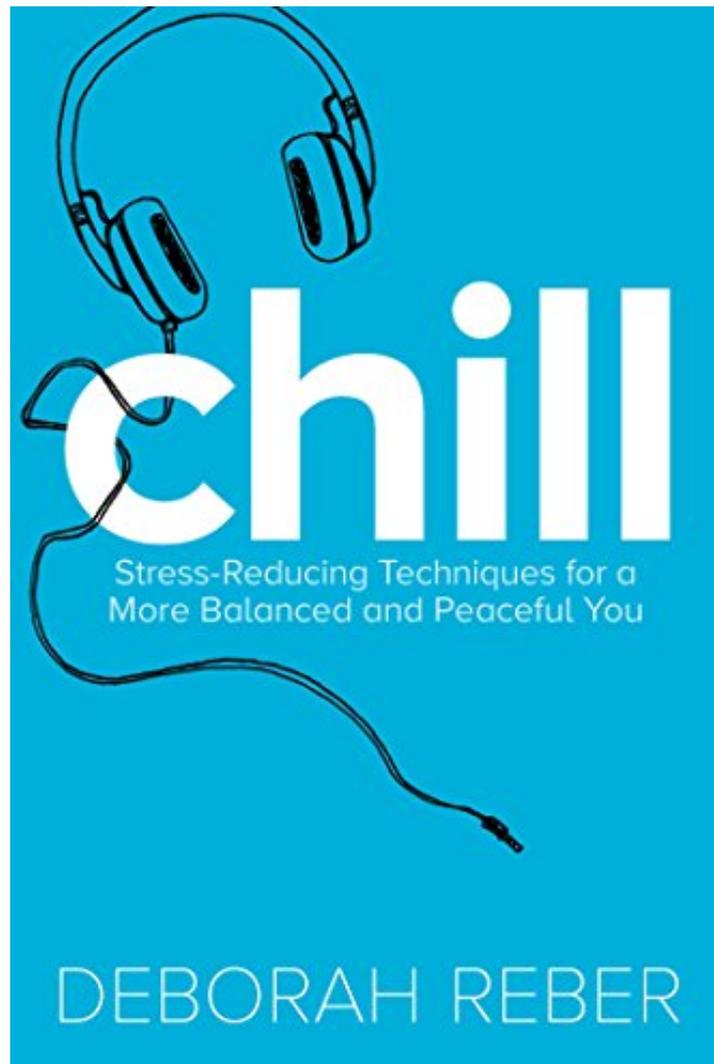


Chill: Stress-Reducing Techniques for a More Balanced, Peaceful You

by

Deborah Reber



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Synopsis

Your day starts at 6am and ends at midnight--if you're lucky. You keep up with all two hundred of your friends on Facebook. You practically invented the word "multitasking." Sound familiar? You're not alone. You are part of the most overscheduled, overprogrammed, and overwhelmed generation on the planet. And CHILL can help you manage it all! It's just a matter of having the right frame of mind. So relax, take a deep breath...and chill.

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