



# **Learn to Relax : A Practical Guide to Easing Tension and Conquering Stress**

*Mike George*

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New Paperback

## Learn to Relax : A Practical Guide to Easing Tension and Conquering Stress Details

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# **From Reader Review Learn to Relax : A Practical Guide to Easing Tension and Conquering Stress for online ebook**

## **Patarapol Withayasakpant says**

Very good and helpful, but what is missing is the suggested reading list, or something to keep going after finishing the book.

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## **Monique says**

This is a pleasant book. While it doesn't offer any in-depth ways to 'learn to relax', it's a good introduction to a variety of paths available for those interested. After reading it, you've got some practical ideas and some basis for further reading. I bought this book because I liked the 'feel' of it, because the layout and writing style appealed to me, and on that front it certainly delivered. The only problem I have with it are the exercises. They're described in such a short, matter-of-fact fashion, that I don't feel there's quite enough guidance to actually do them. Too much is left to the discipline and insight of the reader.

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## **Krista says**

I have read a few different books on how to relax etc. This one by far my least favorite. Too many drawn out explanations for simple concepts.

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## **Cherie Kephart says**

I need this book more than I'd like to admit. Lovely images, beautiful ideas on how to relax more.

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## **Jennifer Jackson says**

The exercises in this book are eye opening. It got me through a very rough time in my life. If you have a tendency to live life "always on" some day it can be a super tool to help you learn to decompress. Great techniques to do before bed, at a stoplight, or in your office..basically whenever you need to relax.

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## **Tracy says**

Seriously. People need a book for this????

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## **Molly says**

This is an easy read which is perfect if you have trouble relaxing. It includes meditations, visualizations and affirmations to help reprogram your response to stress and mindfully make choices to alleviate tension.

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## **Gunner Guidry says**

i already know that stuff.....read it if youre 21

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## **Rachel says**

I LOVE LOVE LOVE this book, it's practically my bible. It has wonderful exercises to help deal with stress. If I could, I would buy a copy for everyone I know..and that's a lot of people.

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## **Jonathan De La Paz says**

Descriptive, Esoteric, and holistic are few of the words I would use to describe this book. Included are great exercises for the stressed person.

Practical book that I highly recommend to any one looking to unwind and loosen up from being apart of such a hectic work-based society.

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## **Kimberly Ann says**

Easy to follow guidelines.....chapters include:

Roads to Relaxation:

Stillness Breath & Calm:

Body at Rest and in Motion:

Self and relationship:

Mind Power:

Life in compared to driving on a super highway & the book focuses on slowing down and getting there with mindfulness of the journey.

"We often hear of people breaking down from overwork. But in nine out of ten cases they are really suffering from worry or over anxiety."

"Your playing small doesn't serve you. There in nothing enlightened about shrinking" Nelson Mandela

The illustrations are very plain an unadorned, but I prefer simpler texts...less explanation & discussion.

