Everyday Calm: Relaxing Rituals for Busy People by Darrin Zeer

The Best And Easiest Relaxation Guide

A quarter of a million readers have relaxed in the workplace thanks to Darrin Zeer’s Office Yoga and Office Spa. Now Everyday Calm offers over 50 fun and simple ideas for daily stress relief no matter where you are. Start the morning with a Yoga Yawn to wake up your face and feel energized. Rely on the contents of a Spa on the Go bag to turn waiting in line into a pampering escape. And make ReinCARnation work for you when you can’t find your car in a crowded parking lot. Using his expert knowledge of yoga, meditation, aromatherapy, massage, and feng shui, Zeer creates effective stress-busters that are easy to do on the way home from work, at the supermarket, and even at the movies. Packed with Cindy Luu’s charming illustrations, Everyday Calm delivers anytime-anywhere stress relief.

Features:
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My Personal Review:
Everyday Stressed is my life.

With work, kids and errands etc.

This book is so helpful and easy to read.

When I am feeling overwhelmed I need quick tips that work, not lengthy instructions. This book is perfect.

Wouldn't everyone love to live Everyday Calm?

This book holds the key. Good Luck!

Monique in San Diego
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