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Fortunately, there are quick, easy, and totally free ways to relax and re-center ourselves when weâ€™re feeling frustrated or overwhelmed. Whether itâ€™s doing some relaxing stretches, enjoying a cup of herbal tea, or treating yourself to a self-massage session, this list of 50 de-stressing techniques has strategies everyone can adopt! 1.

50 Ways to Relax and De-stress: The Best Part? Theyâ€™re All

50 Ways to Worry Less might be retitled, 50 ways to be full of life, positivity and well being. Langerâ€™s book reads like a compendium of the worldâ€™s wisdom on successful living. One can open practically any page and find concrete ideas to live positivity in the present.

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