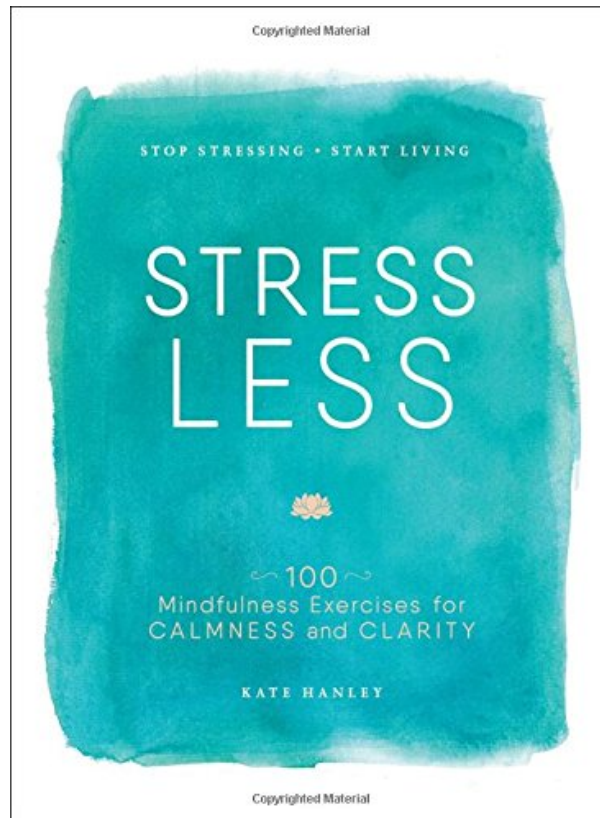


STRESS LESS: STOP STRESSING, START LIVING BY KATE HANLEY



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Review

"Stress is an unavoidable part of our modern, hectic lives. But what if there were simple techniques you could use to restore your calm stat whenever life starts to feel overwhelming? Mindset coach and yoga instructor Kate Hanley outlines 100 ways to do just that in her new book, *Stress Less*. Whether it's a simple stretch or a visualization exercise, each brief activity is designed to bring you back to your center in minutes." (Health.com)

"I highly recommend you pick up Kate Hanley's new book, *Stress Less*. This charming paperback has 100 different ways to, well, stress less. What I love is she includes ideas to suit every personality and every situation. Pick the book up and flip to almost any page and you'll find an idea that will help you get more relaxed and centered. If your life could use more peace and calm in your life pick up a copy of *Stress Less*. After just a few pages you should be breathing a little deeper. Ah!" (PathForward.org)

From the Author

Some things I hear people say over and over are, "I wish I could be more Zen" or "I need to learn how to let things go." I wrote this book so that when you have moments that make you feel this way, you'll have something to reach for that can remind you what to do to feel better, think more clearly and be more connected to what's true for you--even if you only have a couple minutes.

Everything in this book has been tested and proven by me in my own life and in my client's lives. They work whether your stress levels have risen because you've just had to wrestle your 6-year-old into some clothes because he didn't want to go to school or because you've got too much on your plate at work and need help focusing.

The book itself is little--it can fit easily in your purse, your glovebox, or in the drawer of your bedside table. And the exercises included are suitable for all levels. Whether you think you're too busy, stressed, or ADD for any kind of mind-body practice, you can't mess these up.

Think of this book like the angel sitting on your shoulder, reminding you that you do know what to do, you

can handle whatever you're facing, and it's all going to be OK.

Peace,
Kate

About the Author

Kate Hanley is an author, yoga teacher and personal development coach who helps busy women focus on the things that matter so they can stop stressing about the things that don't.

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STRESS LESS: STOP STRESSING, START LIVING BY KATE HANLEY PDF

Yoga teacher and veteran author Kate Hanley shares her expert advice on how to reduce and prevent stress with over 100 simple and inspirational exercises.

Eight out of ten Americans report being stressed. In *Stress Less*, you can learn how to conquer stress and find inner peace with these practical mindfulness exercises. Each exercise can help you pause, evaluate your mental state, and pull yourself out of a heightened state of anxiety and back down to a calm, clear-minded base. Each page has a prompt that can give your mind, body, and heart a moment of peace in a world of chaos.

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Features

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By Cena A Crane

A very calming, inspirational book. As soon as I broke it open I could feel my stress dissipating! Great quotes about life from sources as varied as Lincoln and Viggo Mortensen accompany easy, quick ways to adjust your life to keep it from overwhelming you on those days it does.

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