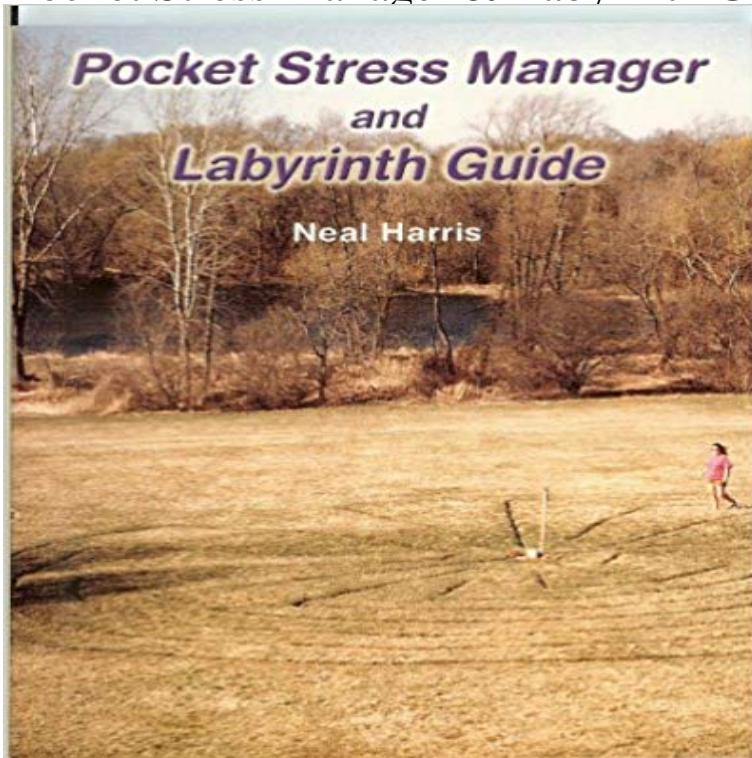


Pocket Stress Manager & Labyrinth Guide



This highly practical and handy take-along guide provides at a glance simple, fast and very effective relaxation, meditation and self-growth practices including labyrinth usage. In this newer version, the symptom index guides readers to the techniques shown most effective for reducing or relieving them as well as stories throughout of people who've used these techniques for symptom relief, greater relaxation and growth. The chapter on labyrinths includes black and white paper designs of several of the most popular patterns (suitable for enlarging to make finger labyrinths) as well as a wealth of information about using them. Learn a technique for forgiving self and others, learn how to improve your concentration, listening and memory and so much more. A more relaxed way of being in the world is just a paragraph or two away...

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