

THE COMPLETE GUIDE TO REDUCING STRESS

If you are suffering from stress and long to restore inner peace and replenish flagging energy levels, this book will show you how. In *The Complete Guide to Reducing Stress*, leading aromatherapist Chrissie Wildwood explores the healing power of nature and provides gentle and imaginative ways for you to relax and revitalise your whole being. Discover how to:

- create a sense of wellbeing through breathing exercises, gentle movement and easy yoga sequences
- soothe away tension with massage and essential oils
- calm your mind through meditation and visualisation
- learn to relax with flower essences and colour therapy
- create your own natural healing environment to combat the negative effects of pollution
- and much more.

Chrissie Wildwood is a practising aromatherapist and relaxation expert. She is also the author of several books on aromatherapy, flower remedies and massage which sell all over the world. Her bestselling titles include *Create Your Own Perfumes Using Essential Oils* (Piatkus), *Flower Remedies*, *The Aromatherapy and Massage Book* and *The Bloomsbury Encyclopedia of Aromatherapy*.

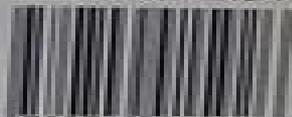
An invaluable guide ... the overall tone of the book is spiritual and soothing, which can be a therapy in itself - Here's Health

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JE Gale



Approach Complete Guide Natural Reducing Stress:

Approach Complete Guide Natural Reducing Stress Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Approach Complete Guide Natural Reducing Stress**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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