



# How To Relax The Mind - Practical Ways to Relax Your Mind

*Anne Lawrence*

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## **How To Relax The Mind - Practical Ways to Relax Your Mind** Anne Lawrence

Are you looking for easy ways to help you relax your mind and quiet down the constant mind chatter? If you have difficulty for whatever reason in quieting your mind, then this is the book for you. "How to Relax Your Mind" tackles very real, very tangible problems we deal with on a day to day basis. This guide offers - tips you can use every single day to help you relax your mind

- easy techniques that you can use starting immediately to quiet your inner dialogue
- easy techniques to help you relieve stress and increase your focus
- relaxing your mind before a test, a job interview or any other situation that gives you the jitters!
- how to relax your mind and stop worrying and stressing
- importance of keeping a relaxed mind during pregnancy
- simple breathing exercises
- an easy "minute-made" meditation
- visualization techniques and
- relaxation exercises
- how to tackle procrastination

All the exercises and techniques come in bite-sized, easy to understand sections

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