



Active Relaxation: How to Increase Productivity and Achieve Balance by Decreasing Stress and Anxiety

Jennifer L. Abel

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Work stress, worry, anxiety, fatigue? Want to learn meditation, mindfulness, time-management, balance, and efficiency? Active Relaxation is a practical guide for anyone, from executives to mothers, to students, to laborers, who wants to be more productive and less anxious. It contains a plethora of simple and effective tools that help the reader reduce stress and achieve balance. The book is aimed toward people who want to live a more relaxed and balanced lifestyle, but have no time for traditional forms of relaxation, have tried them without success, or fear that relaxing may sacrifice their success.

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