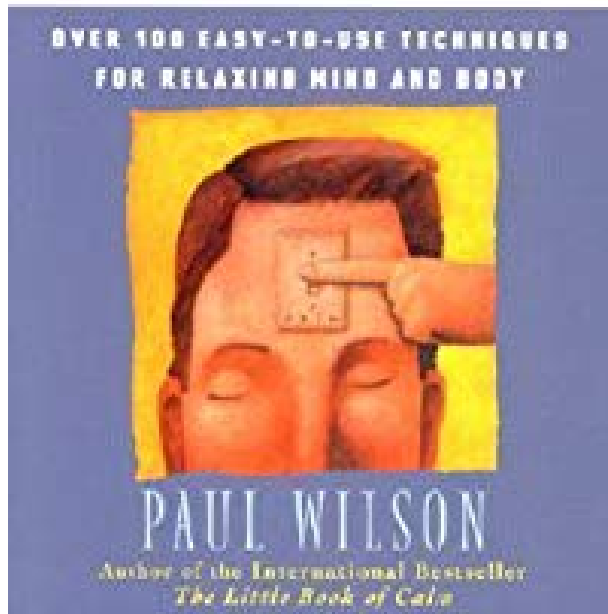


# Instant Calm: Over 100 Easy-To-Use Techniques for Relaxing Mind and Body

## Instant Calm



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Available in a serene new package, "Instant Calm" is the busy person's guide to finding peace and contentment in a rest world. These ingenious shortcuts to calm, are written in entertaining, easy-to-follow language and are gleaned from sources as divergent as the wisdom of ancient civilizations and the discoveries of modern science. Paul Wilson's solutions are based on meditation, acupressure, self-hypnosis, psychotherapy, aromatherapy, exercise, diet, and much more.