



# **Instant Relaxation: How to Reduce Stress at Work, at Home and in Your Daily Life**

*Debra Lederer, Michael Hall*

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# Instant Relaxation: How to Reduce Stress at Work, at Home and in Your Daily Life

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**Instant Relaxation: How to Reduce Stress at Work, at Home and in Your Daily Life** Debra Lederer, Michael Hall

This book introduces NLP and yoga techniques to help reduce stress at work and at home. Debra Lederer has been teaching these techniques for many years and sums them up as her state-of-the-art methods for going into a powerful and resourceful state of calm. The book offers a seven-day program enabling the reader to access their own relaxed core state.

Michael Hall contributes his vast knowledge of NLP to explain why Debra's methods are so powerful. Contents include: breath exercises, breath walking exercises, posture exercises, focused eye movements, affirmations, visualisations and pattern interrupts. Unlimited web support is also provided.

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