



## The De-Stress Effect: Rebalance Your Body's Systems for Vibrant Health and Happiness

By Charlotte Watts

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, The De-Stress Effect: Rebalance Your Body's Systems for Vibrant Health and Happiness, Charlotte Watts, The De-Stress Effect is a new revolution in eating, exercise and relaxation that will return you to vibrant health by gently bringing balance back to your body and your life. The fast pace of modern life and the constant pressure we put on ourselves to keep doing and achieving can keep us locked in patterns of giving in to food cravings, negative habits and self-criticism - keeping our minds and bodies on constant alert. This disruption to the natural rhythms of our body can lead to all kinds of complications that are hard to resolve, including anxiety, depression, insomnia, IBS, weight gain, fertility problems and skin issues. Presenting the latest research on how we can finally heal this damaging cycle, The De-Stress Effect will give you the space to truly feel what is right for your health and your life - realistically, intuitively and with compassion. With a low-stress preparation, six-week eating plan for optimum nutrition, mindfulness practices, yoga sequences and exercise routines, this book will soothe you back to a happier, healthier you, whatever your...

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