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Relax And Live Longer

**Dr Vinod Kumar Nigam, Dr. Charvi
Chawla**



Relax And Live Longer:

Help Yourself to Live Longer Paul Jenner, 2010-11-26 This book is designed as a ten step guide that will add ten healthy happy years to your life It offers sound advice on health and fitness issues and will cover diet and relaxation in addition to such emotional issues as happiness love and spirituality It is all based not on guru driven theories of bizarre diets or exercise routine but on common sense and positive thinking twinned with information that is both practical and supported widely by the scientific and medical communities The tone is positive and encouraging throughout there are also plenty of opportunities for you to interact with the book through features such as quizzes self test boxes and exercises Teach Yourself the world s leading learning brand is relaunched in 2010 as a multi platform experience that will keep you motivated to achieve your goals Let our expert author guide you through this brand new edition with personal insights tips energising self tests and summaries throughout the book Go online at www.teachyourself.com for tests extension articles and a vibrant community of like minded learners And if you don t have much time don t worry every book gives you 1 5 and 10 minute bites of learning to get you started A flexible guide that will add ten happy and healthy years to your life Designed for readers of all ages backgrounds and abilities you make the changes you want to make and you can make them now All the advice is based on scientific and medical research with plenty of wisdom and commonsense Not just about your health and fitness this book also covers relationships love and spirituality Lots of interactive exercises and sample tips *Stress Less, Live More The Ultimate Guide to Spa Relaxation* Ragini Spa Ajman, 2024-10-25 In today s busy world stress is more common than ever Whether you re dealing with work pressures family responsibilities or just the hustle and bustle of everyday life it s easy to feel overwhelmed The fast pace of modern living can take a serious toll on both your mental and physical well being Left unchecked stress can lead to exhaustion mood swings anxiety and even long term health issues like high blood pressure or heart disease But what if there was a simple way to help ease the burden of stress Something that could refresh both your body and mind This is where spa treatments come into play A day at the spa isn t just about pampering yourself it s about taking proactive steps to manage your stress heal your body and improve your overall quality of life At Ragini Spa we believe that everyone deserves to relax unwind and de stress As a leading Ajman spa we offer a range of treatments designed to promote wellness and relaxation Whether you re looking for a soothing massage or a holistic therapy to restore balance our skilled therapists are here to help you on your journey to stress free living This book will guide you through the benefits of spa treatments and how they can transform your life More importantly we ll show you why choosing Ragini Spa located right here in Ajman is the best decision you can make for your health and well being By the end you ll understand how to stress less and live more through regular spa visits **Women Who Live Longer and Happier** Pasquale De Marco, 2025-04-30 In the heart of Central America lies a country that has captured the world s attention for its stunning beauty friendly people and relaxed way of life Costa Rica This comprehensive guide invites you to discover the secrets behind Costa Rica s reputation as

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