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# HOW TO RELIEVE STRESS AND ANXIETY

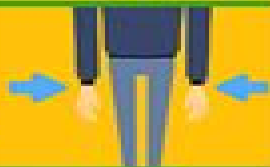
## 6 PRACTICES TO RELIEVE STRESS

FEEL  
YOUR  
BODY



FEEL YOUR BODY FROM WITHIN.  
FEEL ITS ENERGY.

FEEL  
YOUR  
HANDS



IF FEELING YOUR BODY IS DIFFICULT  
FOR YOU, TRY TO FEEL ONLY YOUR HANDS.

FOCUS ON  
YOUR  
BREATH



TAKE FEW CONSCIOUS BREATHS  
IN-AND-OUT

LOOK FOR  
THE  
SILENCE



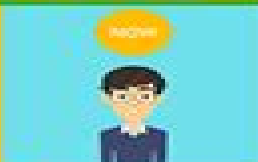
ALL SOUNDS ARE COMING OUT OF SILENCE.  
LOOK FOR THE SILENCE AMONG THE SOUNDS.

WAIT FOR  
YOUR NEXT  
THOUGHT



OBSERVE YOUR MIND LIKE A RABBIT HOLE.  
WAIT FOR YOUR NEXT THOUGHT. LET IT GO.

ACCEPT  
NOW AS  
IT IS



ACCEPT FULLY THE PRESENT MOMENT AS IT IS

# Relieve Stress And Anxiety Double

**Dilip Ghosh, Benny Antony**



**Relieve Stress And Anxiety Double:**

## **Relieve Stress And Anxiety Double** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has are more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Relieve Stress And Anxiety Double**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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