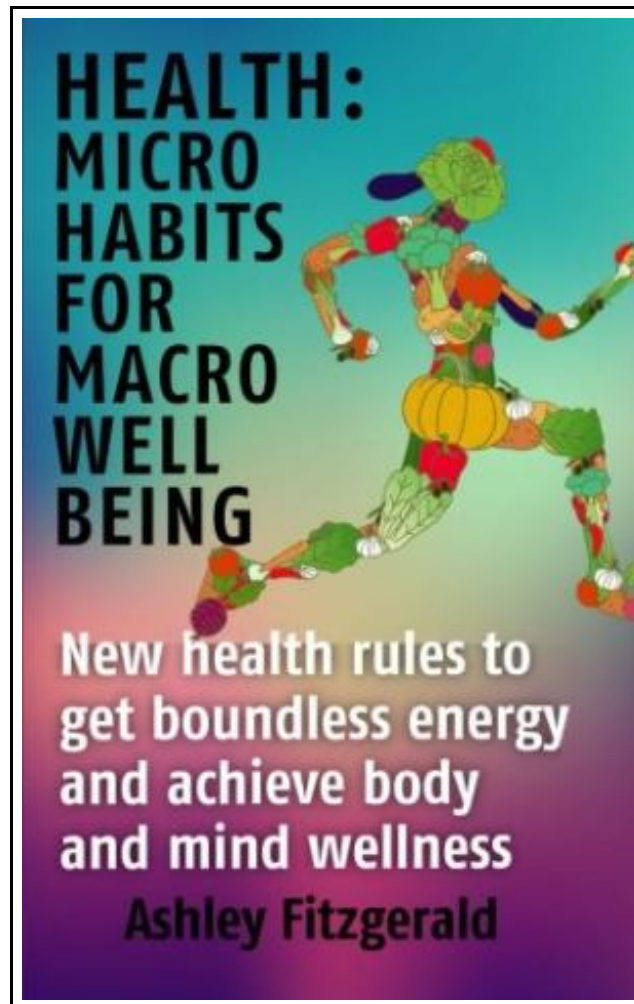


## Health Micro Habits for Macro Well Being.: New Health Rules to Get Boundless Energy and Achieve Body and Mind Wellness.



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.New health rules to get boundless energy and achieve body and mind wellness. Exercise. Yoga. Meditation. Qi Gong. Self and partner massage. Health food Discover the health micro habits that can transform your health and your energy! This age presents new challenges and possibilities for mankind. While we have technology to thank for new opportunities for work and for free time, we have also acquired unhealthy habits, such as spending unprecedented amounts of our lives in a seated position. What we can do is incorporate ancient practices such as meditation, Yoga, Qi Gongm massaging and simple diet adjustments in to our lives. This takes little time, and is very easy and absolutely do-able for anyone. This book will show you how to make small adjustments with minimal effort to affect maximum results using small diet changes and short exercise routines. As an added bonus, you will learn some massage techniques to help your body to detox itself, and also some techniques you can practice with a partner for fun, well-being and relaxation. This is a health book for fast-paced, modern times. This is a collection of practices that have withstood the test of time and are ready to be implemented by those who really need them. Here is a preview of what you will learn. How to get a Healthy Attitude How Exercise con put you an a better health track How Yoga Makes You Feel Better How Meditation Grows Brain Cells and Brings Relaxation How to Meditate How Qi Gong Improves Health and Helps You to Sleep Well How to Self-Massage and Partner Massage for Lymph Flow and Relaxation Understand the Role Food Plays...

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