



# **Relaxation on the Run: Simple Methods to Reduce Stress in Seconds Plus Practical Lifestyle Tips for a Happier and Healthier Life**

*Jay Winner M.D.*

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# Relaxation on the Run: Simple Methods to Reduce Stress in Seconds Plus Practical Lifestyle Tips for a Happier and Healthier Life

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## **Relaxation on the Run: Simple Methods to Reduce Stress in Seconds Plus Practical Lifestyle Tips for a Happier and Healthier Life** Jay Winner M.D.

Too much stress can ruin our days and shorten our lives. It ages us, harms relationships, and impairs job performance. Excessive stress can exacerbate almost any medical condition, including obesity, heart disease, chronic pain, depression, and headaches. And in our busy lives, reducing stress can seem like just one more time-consuming and overwhelming task. The good news is that some of the best stress reduction techniques can be done in seconds! Relaxation on the Run, entertainingly delivers a toolbox full of simple and effective stress reduction techniques. Learn to relax for a healthier and happier life!

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