Stress To Success in 28 Days

Do you feel overloaded, depressed and lack energy?

A new book **"Stress To Success in 28 Days"** by Hansa Pankhania, wellbeing consultant, speaker and executive coach, shows you how to boost your wellbeing, prevent stress and enjoy an energetic home and work life.

It comprises a structured 28 day programme of techniques that do not cost anything and that help you optimise your wellbeing. This includes 28 exercises, chapter by chapter, that you can do standing up, sitting or lying down, when you're in a queue, stuck in traffic or out taking a walk. These are a combination of breathing, relaxation, visualisation and mindfulness techniques.



"Changing the way you breathe is one of the most powerful things you can do to reduce stress levels,"