

THE RELAXATION & STRESS REDUCTION WORKBOOK%0A

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[Relaxation Techniques to Reduce Stress - WebMD](#)

If your hectic lifestyle has got you down, WebMD's experts say relaxation techniques can bring you back into balance — some in 5 minutes or less. Here's what to try. [Ubud Spa | Best Spa Package | Traditional Balinese Massage](#)

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[Muscle contraction - Wikipedia](#)

Muscle contraction is the activation of tension-generating sites within muscle fibers. In physiology, muscle contraction does not necessarily mean muscle shortening because muscle tension can be produced without changes in muscle length such as holding a heavy book or a dumbbell at the same position. The termination of muscle contraction is

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Research on meditation - Wikipedia

For the purpose of this article, research on meditation concerns research into the psychological and physiological effects of meditation using the scientific method.

Opinion | Relax! You'll Be More Productive - The New York ...

Time is the resource on which we've relied to get more accomplished. When there's more to do, we invest more hours. But time is finite, and many of us feel we're running out, that we're

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The Power of Music To Reduce Stress - Psych Central

The soothing power of music is well-established. It has a unique link to our emotions, so can be an extremely effective stress management tool. Listening to music can have a tremendously relaxing